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CONTENTS

*Table of Food Composition*

# Table of Food Composition

This edition of the table of food composition includes a wide variety of foods. It is updated with each edition to reflect current nutrient data for foods, to remove outdated foods, and to add foods that are new to the marketplace.* The nutrient database for this appendix is compiled from a variety of sources, including the USDA Standard Release database and manufacturers' data. The USDA database provides data for a wider variety of foods and nutrients than other sources. Because laboratory analysis for each nutrient can be quite costly, manufacturers tend to provide data only for those nutrients mandated on food labels. Consequently, data for their foods are often incomplete; any missing information on this table is designated as a dash. Keep in mind that a dash means only that the information is unknown and should not be interpreted as a zero. A zero means that the nutrient is not present in the food.

Whenever using nutrient data, remember that many factors influence the nutrient contents of foods. These factors include the mineral content of the soil, the diet fed to the animal or the fertilizer used on the plant, the season of harvest, the method of processing, the length and method of storage, the method of cooking, the method of analysis, and the moisture content of the sample analyzed. With so many influencing factors, users should view nutrient data as a close approximation of the actual amount.

For updates, corrections, and a list of more than 8000 foods and codes found in the diet analysis software that accompanies this text, visit www.thomsonedu.com/nutrition and click on Diet Analysis Plus.

- ***Fats*** Total fats, as well as the breakdown of total fats to saturated, monounsaturated, polyunsaturated, and *trans* fats, are listed in the table. The fatty acids seldom add up to the total in part due to rounding but also because values are derived from a variety of laboratories.
- ***Trans Fats*** *Trans* fat data has been listed in the table. Because food manufacturers have only been required to report *trans* fats on food labels since January 2006, much of the data is incomplete. Missing *trans* fat data is designated with a dash. As additional *trans* fat data becomes available, the table will be updated.
- ***Vitamin A and Vitamin E*** In keeping with the 2001 RDA for vitamin A, this appendix presents data for vitamin A in micrograms (μg) RAE. Similarly, because the 2000 RDA for vitamin E is based only on the alpha-tocopherol form of vitamin E, this appendix reports vitamin E data in milligrams (mg) alpha-tocopherol, listed on the table as Vit E (mg α).
- ***Bioavailability*** Keep in mind that the availability of nutrients from foods depends not only on the quantity provided by a food, but also on the amount absorbed and used by the body—the bioavailability. The bioavailability of folate from fortified foods, for example, is greater than from naturally occurring sources. Similarly, the body can make niacin from the amino acid tryptophan, but niacin values in this table (and most databases) report preformed niacin only. Chapter 10 provides conversion factors and additional details.
- ***Using the Table*** The foods and beverages in this table are organized into several categories, which are listed at the head of each right-hand page. Page numbers are provided, and each group is color-coded to make it easier to find individual foods.
- ***Caffeine Sources*** Caffeine occurs in several plants, including the familiar coffee bean, the tea leaf, and the cocoa bean from which chocolate is made.

*This food composition table has been prepared by Wadsworth Publishing Company. The nutritional data are supplied by Axxya Systems.

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Most human societies use caffeine regularly, most often in beverages, for its stimulant effect and flavor. Caffeine contents of beverages vary depending on the plants they are made from, the climates and soils where the plants are grown, the grind or cut size, the method and duration of brewing, and the amounts served. The accompanying table shows that, in general, a cup of coffee contains the most caffeine; a cup of tea, less than half as much; and cocoa or chocolate, less still. As for cola beverages, they are made from kola nuts, which contain caffeine, but most of their caffeine is added, using the purified compound obtained from decaffeinated coffee beans. The FDA lists caffeine as a multipurpose GRAS substance ◆ that may be added to foods and beverages. Drug manufacturers use caffeine in many products.

◆ Reminder: A GRAS substance is one that is "generally recognized as safe."

## TABLE Caffeine Content of Selected Beverages, Foods, and Medications

| Beverages and Foods | Serving Size | Average (mg) |
|---|---|---|
| **Coffee** | | |
| Brewed | 8 oz | 95 |
| Decaffeinated | 8 oz | 2 |
| Instant | 8 oz | 64 |
| **Tea** | | |
| Brewed, green | 8 oz | 30 |
| Brewed, herbal | 8 oz | 0 |
| Brewed, leaf or bag | 8 oz | 47 |
| Instant | 8 oz | 26 |
| Lipton Brisk iced tea | 12 oz | 7 |
| Nestea Cool iced tea | 12 oz | 12 |
| Snapple iced tea (all flavors) | 16 oz | 42 |
| **Soft drinks** | | |
| A & W Creme Soda | 12 oz | 29 |
| Barq's Root Beer | 12 oz | 18 |
| Coca-Cola | 12 oz | 30 |
| Dr. Pepper, Mr. Pibb, Sunkist Orange | 12 oz | 36 |
| A&W Root Beer, club soda, Fresca, ginger ale, 7-Up, Sierra Mist, Sprite, Squirt, tonic water, caffeine-free soft drinks | 12 oz | 0 |
| Mello Yello | 12 oz | 51 |
| Mountain Dew | 12 oz | 45 |
| Pepsi | 12 oz | 32 |
| **Energy drinks** | | |
| Amp | 8.4 oz | 70 |
| Aqua Blast | .5 L | 90 |
| Aqua Java | .5 L | 55 |
| E Maxx | 8.4 oz | 74 |
| Java Water | .5 L | 125 |
| KMX | 8.4 oz | 33 |
| Krank | .5 L | 100 |
| Red Bull | 8.3 oz | 67 |
| Red Devil | 8.4 oz | 42 |
| Sobe Adrenaline Rush | 8.3 oz | 77 |
| Sobe No Fear | 16 oz | 141 |
| Water Joe | .5 L | 65 |

| Beverages and Foods | Serving Size | Average (mg) |
|---|---|---|
| **Other beverages** | | |
| Chocolate milk or hot cocoa | 8 oz | 5 |
| Starbucks Frappuccino Mocha | 9.5 oz | 72 |
| Starbucks Frappuccino Vanilla | 9.5 oz | 64 |
| Yoohoo chocolate drink | 9 oz | 3 |
| **Candies** | | |
| Baker's chocolate | 1 oz | 26 |
| Dark chocolate covered coffee beans | 1 oz | 235 |
| Dark chocolate, semisweet | 1 oz | 18 |
| Milk chocolate | 1 oz | 6 |
| Milk chocolate covered coffee beans | 1 oz | 224 |
| White chocolate | 1 oz | 0 |
| **Foods** | | |
| Frozen yogurt, Ben & Jerry's coffee fudge | 1 cup | 85 |
| Frozen yogurt, Häagen-Dazs coffee | 1 cup | 40 |
| Ice cream, Starbucks coffee | 1 cup | 50 |
| Ice cream, Starbucks Frappuccino bar | 1 bar | 15 |
| Yogurt, Dannon coffee flavored | 1 cup | 45 |
| **Drugs[a]** | **Serving Size** | **Average (mg)** |
| **Cold remedies** | | |
| Coryban-D, Dristan | 1 tablet | 30 |
| **Diuretics** | | |
| Aqua-Ban | 1 tablet | 100 |
| Pre-Mens Forte | 1 tablet | 100 |
| **Pain relievers** | | |
| Anacin, BC Fast Pain Reliever | 1 tablet | 32 |
| Excedrin, Midol, Midol Max Strength | 1 tablet | 65 |
| **Stimulants** | | |
| Awake, NoDoz | 1 tablet | 100 |
| Awake Maximum Strength, Caffedrine, NoDoz Maximum Strength, Stay Awake, Vivarin | 1 tablet | 200 |
| **Weight-control aids** | | |
| Dexatrim | 1 tablet | 200 |

[a]A pharmacologically active dose of caffiene is defined as 200 milligrams.

NOTE: The FDA suggests a maximum of 65 milligrams per 12-ounce cola beverage but does not regulate the caffeine contents of other beverages. Because products change, contact the manufacturer for an update on products you use regularly.

Source: Adapted from USDA database Release 18 (**http://www.nal.usda.gov/fnic/foodcomp/Data/**), Caffeine content of foods and drugs, Center for Science and the Public Interest (**www.cspinet.org/new/cafchart.htm**), and R. R. McCusker, B. A. Goldberger, and E. J. Cone, Caffeine content of energy drinks, carbonated sodas, and other beverages, *Journal of Analytical Toxicology* 30 (2006): 112–114.

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## TABLE H–1
## Food Composition

(DA+ code is for Wadsworth Diet Analysis program) (For purposes of calculations, use "0" for t, <1, <.1, <.01, etc.)

| DA + Code | Food Description | Quantity | Measure | Wt (g) | $H_2O$ (g) | Ener (kcal) | Prot (g) | Carb (g) | Fiber (g) | Fat (g) | Fat Breakdown (g) Sat | Mono | Poly | *Trans* |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **BREADS, BAKED GOODS, CAKES, COOKIES, CRACKERS, CHIPS, PIES** | | | | | | | | | | | | | |
| | **Bagels** | | | | | | | | | | | | | |
| 8534 | Cinnamon & raisin | 1 | item(s) | 71 | 23 | 195 | 7 | 39 | 2 | 1 | 0.19 | 0.12 | 0.48 | — |
| 4910 | Enriched, all varieties | 1 | item(s) | 71 | 23 | 195 | 7 | 38 | 2 | 1 | 0.16 | 0.09 | 0.49 | 0 |
| 4911 | Plain, enriched, toasted | 1 | item(s) | 66 | 18 | 195 | 7 | 38 | 2 | 1 | 0.16 | 0.09 | 0.49 | 0 |
| 8538 | Oat bran | 1 | item(s) | 71 | 23 | 181 | 8 | 38 | 3 | 1 | 0.14 | 0.18 | 0.35 | — |
| 12079 | Whole grain | 1 | item(s) | 85 | — | 170 | 9 | 35 | 6 | 2.5 | 0 | — | — | 0 |
| | **Biscuits** | | | | | | | | | | | | | |
| 25008 | Biscuits | 1 | item(s) | 41 | 16 | 121 | 3 | 16 | 1 | 5 | 1.40 | 1.41 | 1.82 | 0 |
| 16729 | Scone | 1 | item(s) | 42 | 11 | 149 | 4 | 19 | 1 | 6 | 2.01 | 2.55 | 1.26 | — |
| 25166 | Wheat biscuits | 1 | item(s) | 55 | 21 | 162 | 4 | 22 | 1 | 7 | 1.90 | 1.92 | 2.51 | 0 |
| | **Bread** | | | | | | | | | | | | | |
| 325 | Boston brown, canned | 1 | slice(s) | 45 | 21 | 88 | 2 | 19 | 2 | 1 | 0.13 | 0.09 | 0.25 | — |
| 8716 | Bread sticks, plain | 4 | item(s) | 24 | 1 | 99 | 3 | 16 | 1 | 2 | 0.34 | 0.86 | 0.87 | — |
| 25176 | Cornbread | 1 | piece(s) | 55 | 26 | 141 | 5 | 18 | 1 | 5 | 2.09 | 1.44 | 1.50 | 0 |
| 327 | Cracked wheat | 1 | slice(s) | 25 | 9 | 65 | 2 | 12 | 1 | 1 | 0.23 | 0.48 | 0.17 | — |
| 9079 | Croutons, plain | ¼ | cup(s) | 8 | <1 | 31 | 1 | 6 | <1 | <1 | 0.11 | 0.23 | 0.10 | — |
| 8582 | Egg | 1 | slice(s) | 40 | 14 | 115 | 4 | 19 | 1 | 2 | 0.64 | 0.92 | 0.44 | — |
| 8585 | Egg, toasted | 1 | slice(s) | 37 | 10 | 117 | 4 | 19 | 1 | 2 | 0.60 | 1.11 | 0.43 | — |
| 329 | French | 1 | slice(s) | 25 | 9 | 69 | 2 | 13 | 1 | 1 | 0.16 | 0.30 | 0.17 | — |
| 8591 | French, toasted | 1 | slice(s) | 23 | 7 | 69 | 2 | 13 | 1 | 1 | 0.16 | 0.30 | 0.17 | — |
| 8597 | Indian fry | 1 | item(s) | 90 | 24 | 296 | 6 | 48 | 2 | 9 | 2.08 | 3.59 | 2.33 | — |
| 332 | Italian | 1 | slice(s) | 30 | 11 | 81 | 3 | 15 | 1 | 1 | 0.26 | 0.24 | 0.42 | — |
| 1393 | Mixed grain | 1 | slice(s) | 26 | 10 | 65 | 3 | 12 | 2 | 1 | 0.21 | 0.40 | 0.24 | — |
| 8604 | Mixed grain, toasted | 1 | slice(s) | 24 | 8 | 65 | 3 | 12 | 2 | 1 | 0.21 | 0.40 | 0.24 | — |
| 8605 | Oat bran | 1 | slice(s) | 30 | 13 | 71 | 3 | 12 | 1 | 1 | 0.21 | 0.48 | 0.51 | — |
| 8608 | Oat bran, toasted | 1 | slice(s) | 27 | 10 | 70 | 3 | 12 | 1 | 1 | 0.21 | 0.47 | 0.50 | — |
| 8609 | Oatmeal | 1 | slice(s) | 27 | 10 | 73 | 2 | 13 | 1 | 1 | 0.19 | 0.43 | 0.46 | — |
| 8613 | Oatmeal, toasted | 1 | slice(s) | 25 | 8 | 73 | 2 | 13 | 1 | 1 | 0.19 | 0.43 | 0.46 | — |
| 1409 | Pita | 1 | item(s) | 60 | 19 | 165 | 5 | 33 | 1 | 1 | 0.10 | 0.06 | 0.32 | — |
| 7905 | Pita, whole wheat | 1 | item(s) | 64 | 20 | 170 | 6 | 35 | 5 | 2 | 0.26 | 0.22 | 0.68 | — |
| 338 | Pumpernickel | 1 | slice(s) | 32 | 12 | 80 | 3 | 15 | 2 | 1 | 0.14 | 0.30 | 0.40 | — |
| 334 | Raisin, enriched | 1 | slice(s) | 26 | 9 | 71 | 2 | 14 | 1 | 1 | 0.28 | 0.60 | 0.18 | — |
| 8625 | Raisin, toasted | 1 | slice(s) | 24 | 7 | 71 | 2 | 14 | 1 | 1 | 0.28 | 0.60 | 0.18 | — |
| 10168 | Rice, white | 1 | slice(s) | 42 | — | 140 | 1 | 21 | 1 | 6 | 0.50 | — | — | 0 |
| 8653 | Rye | 1 | slice(s) | 32 | 12 | 83 | 3 | 15 | 2 | 1 | 0.20 | 0.42 | 0.26 | — |
| 8654 | Rye, toasted | 1 | slice(s) | 29 | 9 | 82 | 3 | 15 | 2 | 1 | 0.20 | 0.42 | 0.25 | — |
| 336 | Rye, light | 1 | slice(s) | 25 | 9 | 65 | 2 | 12 | 2 | 1 | 0.20 | 0.30 | 0.30 | — |
| 8588 | Sourdough | 1 | slice(s) | 25 | 9 | 69 | 2 | 13 | 1 | 1 | 0.16 | 0.30 | 0.17 | — |
| 8592 | Sourdough, toasted | 1 | slice(s) | 23 | 7 | 69 | 2 | 13 | 1 | 1 | 0.16 | 0.30 | 0.17 | — |
| 491 | Submarine or hoagie roll | 1 | item(s) | 135 | 41 | 400 | 11 | 72 | 4 | 8 | 1.80 | 3.00 | 2.20 | — |
| 8596 | Vienna, toasted | 1 | slice(s) | 23 | 7 | 69 | 2 | 13 | 1 | 1 | 0.16 | 0.30 | 0.17 | — |
| 8670 | Wheat | 1 | slice(s) | 25 | 9 | 65 | 2 | 12 | 1 | 1 | 0.22 | 0.43 | 0.23 | — |
| 8671 | Wheat, toasted | 1 | slice(s) | 23 | 7 | 65 | 2 | 12 | 1 | 1 | 0.22 | 0.43 | 0.23 | — |
| 340 | White | 1 | slice(s) | 25 | 9 | 67 | 2 | 13 | 1 | 1 | 0.18 | 0.17 | 0.34 | — |
| 1395 | Whole wheat | 1 | slice(s) | 46 | 15 | 128 | 4 | 24 | 3 | 2 | 0.37 | 0.53 | 1.35 | — |
| | **Cakes** | | | | | | | | | | | | | |
| 386 | Angel food, from mix | 1 | slice(s) | 50 | 16 | 129 | 3 | 29 | <1 | <1 | 0.02 | 0.01 | 0.06 | — |
| 8772 | Butter pound, ready to eat, commercially prepared | 1 | slice(s) | 75 | 18 | 291 | 4 | 37 | <1 | 15 | 8.67 | 4.43 | 0.80 | — |
| 8737 | Carrot, cream cheese frosting, from mix | 1 | slice(s) | 111 | 23 | 484 | 5 | 52 | 1 | 29 | 5.43 | 7.24 | 15.10 | — |
| 4931 | Chocolate, chocolate icing, commercially prepared | 1 | slice(s) | 64 | 15 | 235 | 3 | 35 | 2 | 10 | 3.05 | 5.61 | 1.18 | — |
| 8756 | Chocolate, from mix | 1 | slice(s) | 95 | 23 | 340 | 5 | 51 | 2 | 14 | 5.16 | 5.74 | 2.62 | — |
| 393 | Devil's food cupcake, chocolate frosting | 1 | item(s) | 35 | 8 | 120 | 2 | 20 | 1 | 4 | 1.80 | 1.60 | 0.60 | — |
| 8757 | Fruitcake, ready to eat, commercially prepared | 1 | piece(s) | 43 | 11 | 139 | 1 | 26 | 2 | 4 | 0.45 | 1.81 | 1.43 | — |
| 1397 | Pineapple upside down, from mix | 1 | slice(s) | 115 | 37 | 367 | 4 | 58 | 1 | 14 | 3.35 | 5.97 | 3.77 | — |
| 411 | Sponge, from mix | 1 | slice(s) | 63 | 19 | 187 | 5 | 36 | <1 | 3 | 0.82 | 0.99 | 0.41 | — |
| 8817 | White, coconut frosting, from mix | 1 | slice(s) | 112 | 23 | 399 | 5 | 71 | 1 | 12 | 4.36 | 4.14 | 2.42 | — |
| 8819 | Yellow, chocolate frosting, ready to eat, commercially prepared | 1 | slice(s) | 64 | 14 | 243 | 2 | 35 | 1 | 11 | 2.98 | 6.14 | 1.35 | — |
| 8822 | Yellow, vanilla frosting, ready to eat, commercially prepared | 1 | slice(s) | 64 | 14 | 239 | 2 | 38 | <1 | 9 | 1.52 | 3.91 | 3.30 | — |
| | **Snack cakes** | | | | | | | | | | | | | |
| 8791 | Chocolate snack cake, creme filled, w/frosting | 1 | item(s) | 50 | 10 | 188 | 2 | 30 | <1 | 7 | 1.43 | 2.85 | 2.62 | — |
| 25010 | Cinnamon coffee cake | 1 | piece(s) | 72 | 23 | 231 | 4 | 36 | 1 | 8 | 2.19 | 2.65 | 2.99 | 0 |

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**PAGE KEY:** H–2 = Breads/Baked Goods H–6 = Cereal/Rice/Pasta H–10 = Fruit H–14 = Vegetables/Legumes H–24 = Nuts/Seeds H–26 = Vegetarian H–28 = Dairy H–34 = Eggs H–34 = Seafood H–36 = Meats H–40 = Poultry H–40 = Processed meats H–42 = Beverages H–46 = Fats/Oils H–48 = Sweets H–50 = Spices/Condiments/Sauces H–52 = Mixed foods/Soups/Sandwiches H–58 = Fast food H–74 = Convenience meals H–76 = Baby foods

| Chol (mg) | Calc (mg) | Iron (mg) | Magn (mg) | Pota (mg) | Sodi (mg) | Zinc (mg) | Vit A (µg) | Thia (mg) | Vit E (mg α) | Ribo (mg) | Niac (mg) | Vit $B_6$ (mg) | Fola (µg) | Vit C (mg) | Vit $B_{12}$ (µg) | Sele (µg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 0 | 13 | 2.70 | 20 | 105 | 229 | 0.80 | 15 | 0.27 | 0.22 | 0.20 | 2.19 | 0.04 | 79 | <1 | 0 | 22 |
| 0 | 53 | 2.53 | 21 | 72 | 379 | 0.62 | 0 | 0.38 | 0.07 | 0.22 | 3.24 | 0.04 | 75 | 0 | 0 | 23 |
| 0 | 53 | 2.52 | 20 | 72 | 379 | 0.62 | 0 | 0.31 | 0.08 | 0.20 | 2.91 | 0.03 | 64 | 0 | 0 | 23 |
| 0 | 9 | 2.19 | 22 | 82 | 360 | 0.64 | 1 | 0.24 | 0.23 | 0.24 | 2.10 | 0.03 | 70 | <1 | 0 | 24 |
| 0 | 200 | 1.08 | 120 | 0 | 200 | 4.5 | 0 | 0.44 | — | 0.5 | 8 | 0.6 | — | 0 | 1.79 | 0 |
| <1 | 33 | 1.01 | 6 | 37 | 205 | 0.27 | 9 | 0.13 | 0.01 | 0.12 | 1.08 | 0.01 | 26 | 0 | <.1 | 7 |
| 49 | 80 | 1.31 | 7 | 48 | 288 | 0.29 | — | 0.15 | 0.43 | 0.16 | 1.20 | 0.03 | 8 | <.1 | <1 | — |
| <1 | 57 | 1.22 | 16 | 81 | 321 | 0.42 | 12 | 0.16 | 0.01 | 0.13 | 1.49 | 0.03 | 29 | <.1 | <.1 | 12 |
| <1 | 32 | 0.95 | 28 | 143 | 284 | 0.23 | 11 | 0.01 | 0.14 | 0.05 | 0.50 | 0.04 | 5 | 0 | <.1 | 10 |
| 0 | 5 | 1.03 | 8 | 30 | 158 | 0.21 | 0 | 0.14 | 0.24 | 0.13 | 1.27 | 0.02 | 39 | 0 | 0 | 9 |
| 21 | 88 | 1.01 | 10 | 59 | 209 | 0.57 | 38 | 0.13 | 0.33 | 0.16 | 0.98 | 0.04 | 36 | 2 | <1 | 6 |
| 0 | 11 | 0.70 | 13 | 44 | 135 | 0.31 | 0 | 0.09 | — | 0.06 | 0.92 | 0.08 | 15 | 0 | <.1 | 6 |
| 0 | 6 | 0.31 | 2 | 9 | 52 | 0.07 | 0 | 0.05 | — | 0.02 | 0.41 | 0.00 | 10 | 0 | 0 | 3 |
| 20 | 37 | 1.22 | 8 | 46 | 197 | 0.32 | 25 | 0.18 | 0.10 | 0.17 | 1.94 | 0.03 | 42 | 0 | <.1 | 12 |
| 21 | 38 | 1.24 | 8 | 47 | 200 | 0.32 | 26 | 0.14 | 0.11 | 0.16 | 1.77 | 0.02 | 36 | 0 | <.1 | 12 |
| 0 | 19 | 0.63 | 7 | 28 | 152 | 0.22 | 0 | 0.13 | 0.08 | 0.08 | 1.19 | 0.01 | 37 | 0 | 0 | 8 |
| 0 | 19 | 0.63 | 7 | 28 | 152 | 0.22 | 0 | 0.10 | 0.07 | 0.07 | 1.07 | 0.01 | 22 | 0 | 0 | 8 |
| 0 | 210 | 3.24 | 14 | 67 | 626 | 0.45 | 0 | 0.39 | — | 0.27 | 3.27 | 0.02 | 67 | 0 | 0 | 21 |
| 0 | 23 | 0.88 | 8 | 33 | 175 | 0.26 | 0 | 0.14 | 0.09 | 0.09 | 1.31 | 0.01 | 57 | 0 | 0 | 8 |
| 0 | 24 | 0.90 | 14 | 53 | 127 | 0.33 | 0 | 0.11 | 0.09 | 0.09 | 1.13 | 0.09 | 31 | <.1 | <.1 | 8 |
| 0 | 24 | 0.90 | 14 | 53 | 127 | 0.33 | 0 | 0.08 | 0.08 | 0.08 | 1.02 | 0.08 | 28 | <.1 | <.1 | 8 |
| 0 | 20 | 0.94 | 11 | 44 | 122 | 0.27 | 1 | 0.15 | 0.13 | 0.10 | 1.45 | 0.02 | 24 | 0 | 0 | 9 |
| 0 | 19 | 0.93 | 9 | 33 | 121 | 0.28 | 1 | 0.12 | 0.13 | 0.09 | 1.29 | 0.01 | 19 | 0 | 0 | 9 |
| 0 | 18 | 0.73 | 10 | 38 | 162 | 0.28 | 1 | 0.11 | 0.13 | 0.06 | 0.85 | 0.02 | 17 | 0 | <.1 | 7 |
| 0 | 18 | 0.74 | 10 | 39 | 163 | 0.28 | 1 | 0.09 | 0.13 | 0.06 | 0.77 | 0.02 | 13 | <.1 | <.1 | 7 |
| 0 | 52 | 1.57 | 16 | 72 | 322 | 0.50 | 0 | 0.36 | 0.18 | 0.20 | 2.78 | 0.02 | 64 | 0 | 0 | 16 |
| 0 | 10 | 1.96 | 44 | 109 | 340 | 0.97 | 0 | 0.22 | 0.39 | 0.05 | 1.82 | 0.17 | 22 | 0 | 0 | 28 |
| 0 | 22 | 0.92 | 17 | 67 | 215 | 0.47 | 0 | 0.10 | 0.13 | 0.10 | 0.99 | 0.04 | 30 | 0 | 0 | 8 |
| 0 | 17 | 0.75 | 7 | 59 | 101 | 0.19 | 0 | 0.09 | 0.07 | 0.10 | 0.90 | 0.02 | 28 | <.1 | 0 | 5 |
| 0 | 17 | 0.76 | 7 | 59 | 102 | 0.19 | 0 | 0.07 | 0.07 | 0.09 | 0.81 | 0.02 | 24 | <.1 | 0 | 5 |
| 0 | 40 | 1.08 | — | 45 | 160 | — | 0 | 0.23 | — | 0.14 | 1.20 | — | 40 | 0 | — | — |
| 0 | 23 | 0.91 | 13 | 53 | 211 | 0.36 | 0 | 0.14 | 0.11 | 0.11 | 1.22 | 0.02 | 35 | <1 | 0 | 10 |
| 0 | 23 | 0.90 | 12 | 53 | 210 | 0.36 | 0 | 0.11 | 0.11 | 0.10 | 1.09 | 0.02 | 30 | <.1 | 0 | 10 |
| 0 | 20 | 0.70 | 4 | 51 | 175 | 0.18 | 0 | 0.10 | — | 0.08 | 0.80 | 0.01 | 5 | 0 | <.1 | 8 |
| 0 | 19 | 0.63 | 7 | 28 | 152 | 0.22 | 0 | 0.13 | 0.08 | 0.08 | 1.19 | 0.01 | 37 | 0 | 0 | 8 |
| 0 | 19 | 0.63 | 7 | 28 | 152 | 0.22 | 0 | 0.10 | 0.07 | 0.07 | 1.07 | 0.01 | 22 | 0 | 0 | 8 |
| 0 | 100 | 3.80 | — | 128 | 683 | — | 0 | 0.54 | — | 0.33 | 4.50 | 0.05 | — | 0 | — | 42 |
| 0 | 19 | 0.63 | 7 | 28 | 152 | 0.22 | 0 | 0.10 | 0.07 | 0.07 | 1.07 | 0.01 | 22 | 0 | 0 | 8 |
| 0 | 26 | 0.83 | 12 | 50 | 133 | 0.26 | 0 | 0.10 | 0.07 | 0.07 | 1.03 | 0.02 | 23 | 0 | 0 | 8 |
| 0 | 26 | 0.83 | 12 | 50 | 132 | 0.26 | 0 | 0.08 | 0.07 | 0.06 | 0.93 | 0.02 | 19 | 0 | 0 | 8 |
| 0 | 38 | 0.94 | 6 | 25 | 170 | 0.19 | 0 | 0.11 | 0.05 | 0.08 | 1.10 | 0.02 | 28 | 0 | 0 | 4 |
| 0 | 15 | 1.43 | 37 | 144 | 159 | 0.69 | 0 | 0.14 | 0.35 | 0.10 | 1.83 | 0.09 | 30 | 0 | 0 | 18 |
| 0 | 42 | 0.12 | 4 | 68 | 255 | 0.07 | 0 | 0.05 | 0.00 | 0.10 | 0.09 | 0.00 | 10 | 0 | <.1 | 8 |
| 166 | 26 | 1.04 | 8 | 89 | 299 | 0.35 | 112 | 0.10 | — | 0.98 | 0.03 | 31 | 0 | <1 | 7 | |
| 60 | 28 | 1.39 | 20 | 124 | 273 | 0.54 | — | 0.15 | — | 0.17 | 1.13 | 0.08 | 13 | 1 | <1 | — |
| 27 | 28 | 1.41 | 22 | 128 | 214 | 0.44 | — | 0.02 | — | 0.09 | 0.37 | 0.03 | 11 | <.1 | <.1 | 2 |
| 55 | 57 | 1.53 | 30 | 133 | 299 | 0.66 | 38 | 0.13 | — | 0.20 | 1.08 | 0.04 | 26 | <1 | <1 | 11 |
| 19 | 21 | 0.70 | — | 46 | 92 | — | — | 0.04 | — | 0.05 | 0.30 | — | 2 | 0 | — | 2 |
| 2 | 14 | 0.89 | 7 | 66 | 116 | 0.12 | 3 | 0.02 | 0.39 | 0.04 | 0.34 | 0.02 | 9 | <1 | <.1 | 1 |
| 25 | 138 | 1.70 | 15 | 129 | 367 | 0.36 | 71 | 0.18 | — | 0.18 | 1.37 | 0.04 | 30 | 1 | <.1 | 11 |
| 107 | 26 | 1.00 | 6 | 89 | 144 | 0.37 | 49 | 0.10 | — | 0.19 | 0.76 | 0.04 | 25 | 0 | <1 | 12 |
| 1 | 101 | 1.30 | 13 | 111 | 318 | 0.37 | 13 | 0.14 | 0.13 | 0.21 | 1.19 | 0.03 | 35 | <1 | <.1 | 12 |
| 35 | 24 | 1.33 | 19 | 114 | 216 | 0.40 | 21 | 0.08 | — | 0.10 | 0.80 | 0.02 | 14 | 0 | <1 | 2 |
| 35 | 40 | 0.68 | 4 | 34 | 220 | 0.16 | 12 | 0.06 | — | 0.04 | 0.32 | 0.02 | 17 | 0 | <.1 | 4 |
| 9 | 37 | 1.68 | 21 | 61 | 213 | 0.26 | 3 | 0.11 | 1.09 | 0.15 | 1.21 | 0.01 | 20 | 0 | <.1 | 1 |
| 26 | 50 | 1.46 | 10 | 81 | 277 | 0.38 | 35 | 0.14 | 0.23 | 0.16 | 1.17 | 0.02 | 30 | <.1 | <1 | 10 |

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**TABLE H–1**

**Food Composition** (DA+ code is for Wadsworth Diet Analysis program) (For purposes of calculations, use "0" for t, <1, <.1, <.01, etc.)

| DA + Code | Food Description | Quantity | Measure | Wt (g) | $H_2O$ (g) | Ener (kcal) | Prot (g) | Carb (g) | Fiber (g) | Fat (g) | Fat Breakdown (g) Sat | Mono | Poly | *Trans* |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **BREADS, BAKED GOODS, CAKES, COOKIES, CRACKERS, CHIPS, PIES**—Continued | | | | | | | | | | | | | |
| 16777 | Funnel cake | 1 | item(s) | 90 | 37 | 278 | 7 | 29 | 1 | 14 | 2.77 | 4.46 | 6.33 | — |
| 8794 | Sponge snack cake, creme filled | 1 | item(s) | 43 | 9 | 155 | 1 | 27 | <1 | 5 | 1.09 | 1.73 | 1.40 | — |
| | **Snacks, chips, pretzels** | | | | | | | | | | | | | |
| 29428 | Bagel chips, plain | 3 | item(s) | 29 | — | 130 | 3 | 19 | 1 | 5 | 0.50 | — | — | — |
| 29429 | Bagel chips, toasted onion | 3 | item(s) | 29 | — | 130 | 4 | 20 | 1 | 5 | 0.50 | — | — | — |
| 38192 | Chex traditional snack mix | 1 | cup(s) | 46 | — | 198 | 3 | 33 | 2 | 6 | 0.76 | — | — | — |
| 654 | Potato chips, salted | 20 | item(s) | 28 | 1 | 152 | 2 | 15 | 1 | 10 | 3.11 | 2.79 | 3.46 | — |
| 8816 | Potato chips, unsalted | 20 | item(s) | 28 | 1 | 152 | 2 | 15 | 1 | 10 | 3.11 | 2.79 | 3.46 | — |
| 4641 | Tortilla chips, plain | 6 | item(s) | 28 | 1 | 142 | 2 | 18 | 2 | 7 | 1.43 | 4.39 | 1.03 | — |
| 5096 | Pretzels, plain, hard, twists | 5 | item(s) | 30 | 1 | 114 | 3 | 24 | 1 | 1 | 0.23 | 0.41 | 0.37 | — |
| 4632 | Pretzels, whole wheat | 1 | ounce(s) | 28 | 1 | 103 | 3 | 23 | 2 | 1 | 0.16 | 0.29 | 0.24 | — |
| | **Cookies** | | | | | | | | | | | | | |
| 8859 | Animal crackers | 12 | piece(s) | 30 | 0 | 134 | 2 | 22 | <1 | 4 | 1.03 | 2.29 | 0.56 | — |
| 8876 | Brownie, prepared from mix | 1 | item(s) | 24 | 3 | 112 | 1 | 12 | 1 | 7 | 1.76 | 2.60 | 2.26 | — |
| 25207 | Chocolate chip cookies | 1 | item(s) | 30 | 4 | 140 | 2 | 16 | 1 | 8 | 2.09 | 3.26 | 2.09 | 0 |
| 8915 | Chocolate sandwich cookie, extra creme filling | 1 | item(s) | 13 | <1 | 65 | <1 | 9 | <1 | 3 | 0.50 | 1.39 | 1.22 | 1.10 |
| 14145 | Fig Newtons | 1 | item(s) | 16 | — | 55 | 1 | 10 | 1 | 1 | 0.50 | 0.50 | 0.00 | 0.50 |
| 8920 | Fortune cookie | 1 | item(s) | 8 | 1 | 30 | <1 | 7 | <1 | <1 | 0.05 | 0.11 | 0.04 | — |
| 25208 | Oatmeal cookies | 1 | item(s) | 69 | 12 | 234 | 6 | 45 | 3 | 4 | 0.70 | 1.28 | 1.85 | 0 |
| 25213 | Peanut butter cookies | 1 | item(s) | 35 | 4 | 163 | 4 | 17 | 1 | 9 | 1.65 | 4.72 | 2.43 | 0 |
| 33095 | Sugar cookies | 1 | item(s) | 16 | 4 | 61 | 1 | 7 | <1 | 3 | 0.63 | 1.27 | 0.87 | 0 |
| 9002 | Vanilla sandwich cookie, creme filling | 1 | item(s) | 10 | <1 | 48 | <1 | 7 | <1 | 2 | 0.30 | 0.84 | 0.76 | — |
| | **Crackers** | | | | | | | | | | | | | |
| 9008 | Cheese crackers (mini) | 30 | item(s) | 30 | 1 | 151 | 3 | 17 | 1 | 8 | 2.81 | 3.63 | 0.74 | — |
| 9010 | Cheese crackers (mini), low salt | 30 | item(s) | 30 | 1 | 151 | 3 | 17 | 1 | 8 | 2.82 | 2.70 | 1.44 | — |
| 9012 | Cheese cracker sandwich w/peanut butter | 4 | item(s) | 28 | 1 | 139 | 3 | 16 | 1 | 7 | 1.23 | 3.64 | 1.43 | — |
| 8928 | Honey graham crackers | 4 | item(s) | 28 | 1 | 118 | 2 | 22 | 1 | 3 | 0.43 | 1.14 | 1.07 | — |
| 9016 | Matzo crackers, plain | 1 | item(s) | 28 | 1 | 112 | 3 | 24 | 1 | <1 | 0.06 | 0.04 | 0.17 | — |
| 9024 | Melba toast | 3 | item(s) | 15 | 1 | 59 | 2 | 11 | 1 | <1 | 0.07 | 0.12 | 0.19 | — |
| 14189 | Ritz crackers | 5 | item(s) | 16 | <1 | 80 | 1 | 10 | 1 | 4 | 0.50 | 1.50 | 0.00 | — |
| 9014 | Rye crispbread crackers | 1 | item(s) | 10 | 1 | 37 | 1 | 8 | 2 | <1 | 0.01 | 0.02 | 0.06 | — |
| 9028 | Rye melba toast | 3 | item(s) | 15 | 1 | 58 | 2 | 12 | 1 | 1 | 0.07 | 0.14 | 0.20 | — |
| 9040 | Rye wafer | 1 | item(s) | 11 | 1 | 37 | 1 | 9 | 3 | <.1 | 0.01 | 0.02 | 0.04 | — |
| 432 | Saltine crackers | 5 | item(s) | 15 | 1 | 65 | 1 | 11 | <1 | 2 | 0.44 | 0.96 | 0.25 | 0.54 |
| 9046 | Saltine crackers, low salt | 5 | item(s) | 15 | 1 | 65 | 1 | 11 | <1 | 2 | 0.44 | 0.96 | 0.25 | — |
| 9048 | Snack crackers, round | 10 | item(s) | 30 | 1 | 151 | 2 | 18 | <1 | 8 | 1.13 | 3.19 | 2.86 | — |
| 9050 | Snack crackers, round, low salt | 10 | item(s) | 30 | 1 | 151 | 2 | 18 | <1 | 8 | 1.13 | 3.19 | 2.86 | — |
| 9052 | Snack cracker sandwich, cheese filling | 4 | item(s) | 28 | 1 | 134 | 3 | 17 | 1 | 6 | 1.72 | 3.15 | 0.72 | — |
| 9054 | Snack cracker sandwich, peanut butter filling | 4 | item(s) | 28 | 1 | 138 | 3 | 16 | 1 | 7 | 1.38 | 3.86 | 1.30 | — |
| 9044 | Soda crackers | 5 | item(s) | 15 | 1 | 65 | 1 | 11 | <1 | 2 | 0.44 | 0.96 | 0.25 | 0.54 |
| 9055 | Wheat crackers | 10 | item(s) | 30 | 1 | 142 | 3 | 19 | 1 | 6 | 1.55 | 3.43 | 0.84 | — |
| 9057 | Wheat crackers, low salt | 10 | item(s) | 30 | 1 | 142 | 3 | 19 | 1 | 6 | 1.55 | 3.43 | 0.84 | — |
| 9059 | Wheat cracker sandwich, cheese filling | 4 | item(s) | 28 | 1 | 139 | 3 | 16 | 1 | 7 | 1.16 | 2.90 | 2.57 | — |
| 9061 | Wheat cracker sandwich, peanut butter filling | 4 | item(s) | 28 | 1 | 139 | 4 | 15 | 1 | 7 | 1.29 | 3.29 | 2.48 | — |
| 9022 | Whole wheat crackers | 7 | item(s) | 28 | 1 | 124 | 2 | 19 | 3 | 5 | 0.95 | 1.65 | 1.85 | — |
| | **Pastry** | | | | | | | | | | | | | |
| 16754 | Apple fritter | 1 | item(s) | 17 | 6 | 62 | 1 | 6 | <1 | 4 | 0.87 | 1.69 | 1.13 | — |
| 5118 | Cinnamon sweet roll w/icing, from refrigerator dough | 1 | item(s) | 30 | 7 | 109 | 2 | 17 | 1 | 4 | 1.00 | 2.23 | 0.52 | — |
| 4945 | Croissant, butter | 1 | item(s) | 57 | 13 | 231 | 5 | 26 | 1 | 12 | 6.59 | 3.15 | 0.62 | — |
| 9096 | Danish pastry, nut | 1 | item(s) | 65 | 13 | 280 | 5 | 30 | 1 | 16 | 3.78 | 8.90 | 2.78 | — |
| 4947 | Doughnut, cake | 1 | item(s) | 47 | 10 | 198 | 2 | 23 | 1 | 11 | 1.70 | 4.37 | 3.70 | — |
| 9105 | Doughnut, cake, chocolate glazed | 1 | item(s) | 42 | 7 | 175 | 2 | 24 | 1 | 8 | 2.16 | 4.74 | 1.04 | — |
| 9115 | Doughnut, creme filling | 1 | item(s) | 85 | 32 | 307 | 5 | 26 | 1 | 21 | 4.62 | 10.27 | 2.62 | — |
| 437 | Doughnut, glazed | 1 | item(s) | 60 | 15 | 242 | 4 | 27 | 1 | 14 | 3.49 | 7.72 | 1.74 | — |
| 9117 | Doughnut, jelly filling | 1 | item(s) | 85 | 30 | 289 | 5 | 33 | 1 | 16 | 4.12 | 8.69 | 2.02 | — |
| 10617 | Toaster pastry, brown sugar cinnamon | 1 | item(s) | 50 | 5 | 210 | 3 | 35 | 1 | 6 | 1.00 | 4.00 | 1.00 | — |
| 30928 | Toaster pastry, cream cheese | 1 | item(s) | 54 | — | 200 | 3 | 23 | 1 | 11 | 3.50 | — | — | — |
| | **Muffins** | | | | | | | | | | | | | |
| 25015 | Blueberry | 1 | item(s) | 63 | 30 | 160 | 3 | 23 | 1 | 6 | 0.87 | 1.48 | 3.25 | 0 |
| 4997 | Bran, from mix | 1 | item(s) | 50 | 18 | 138 | 3 | 23 | 2 | 5 | 1.18 | 2.34 | 0.72 | — |
| 9189 | Corn, ready to eat | 1 | item(s) | 57 | 19 | 174 | 3 | 29 | 2 | 5 | 0.77 | 1.20 | 1.83 | — |

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**PAGE KEY:** H–2 = Breads/Baked Goods H–6 = Cereal/Rice/Pasta H–10 = Fruit H–14 = Vegetables/Legumes H–24 = Nuts/Seeds H–26 = Vegetarian H–28 = Dairy H–34 = Eggs H–34 = Seafood H–36 = Meats H–40 = Poultry H–40 = Processed meats H–42 = Beverages H–46 = Fats/Oils H–48 = Sweets H–50 = Spices/Condiments/Sauces H–52 = Mixed foods/Soups/Sandwiches H–58 = Fast food H–74 = Convenience meals H–76 = Baby foods

| Chol (mg) | Calc (mg) | Iron (mg) | Magn (mg) | Pota (mg) | Sodi (mg) | Zinc (mg) | Vit A (µg) | Thia (mg) | Vit E (mg α) | Ribo (mg) | Niac (mg) | Vit $B_6$ (mg) | Fola (µg) | Vit C (mg) | Vit $B_{12}$ (µg) | Sele (µg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 63 | 128 | 1.86 | 18 | 154 | 273 | 0.64 | — | 0.24 | 1.55 | 0.32 | 1.86 | 0.05 | 14 | <1 | <1 | — |
| 7 | 19 | 0.55 | 3 | 37 | 155 | 0.12 | 2 | 0.07 | 0.50 | 0.06 | 0.52 | 0.01 | 17 | <.1 | <.1 | 1 |
| | | | | | | | | | | | | | | | | |
| 0 | 0 | 0.72 | — | 45 | 70 | — | 0 | — | — | — | — | — | — | 0 | 0 | — |
| 0 | 0 | 0.72 | — | 50 | 300 | — | 0 | — | — | — | — | — | — | 0 | 0 | — |
| 0 | 0 | 0.55 | 0 | 76 | 623 | 0.00 | 0 | 0.09 | — | 0.05 | 1.22 | 0.00 | 12 | 0 | — | — |
| 0 | 7 | 0.46 | 19 | 362 | 169 | 0.31 | 0 | 0.05 | 1.91 | 0.06 | 1.09 | 0.19 | 13 | 9 | 0 | 2 |
| 0 | 7 | 0.46 | 19 | 362 | 2 | 0.31 | 0 | 0.05 | 2.59 | 0.06 | 1.09 | 0.19 | 13 | 9 | 0 | 2 |
| 0 | 44 | 0.43 | 25 | 56 | 150 | 0.43 | 1 | 0.02 | 1 | 0.05 | 0.36 | 0.08 | 3 | 0 | 0 | 2 |
| 0 | 11 | 1.30 | 11 | 44 | 515 | 0.26 | 0 | 0.14 | — | 0.19 | 1.58 | 0.03 | 51 | 0 | 0 | 2 |
| 0 | 8 | 0.76 | 9 | 122 | 58 | 0.18 | 0 | 0.12 | — | 0.08 | 1.86 | 0.08 | 15 | <1 | 0 | — |
| | | | | | | | | | | | | | | | | |
| 0 | 13 | 0.82 | 5 | 30 | 1118 | 0.19 | — | 0.10 | 0.04 | 0.09 | 1.04 | 0.00 | 50 | 0 | <.1 | — |
| 18 | 14 | 0.44 | 13 | 42 | 82 | 0.23 | 42 | 0.03 | — | 0.05 | 0.24 | 0.02 | 7 | <.1 | <.1 | 3 |
| 13 | 11 | 0.70 | 12 | 62 | 109 | 0.24 | 27 | 0.07 | 0.54 | 0.06 | 0.82 | 0.02 | 16 | <.1 | <.1 | 4 |
| | | | | | | | | | | | | | | | | |
| 0 | 3 | 0.37 | 4 | 16 | 64 | 0.08 | 0 | 0.01 | 0.25 | 0.02 | 0.20 | 0.00 | 6 | 0 | <.1 | <1 |
| 0 | 5 | 0.36 | — | 40 | 60 | — | 4 | 0.03 | — | 0.04 | 0.22 | — | — | <1 | — | — |
| <1 | 1 | 0.12 | 1 | 3 | 22 | 0.01 | <.1 | 0.01 | 0.00 | 0.01 | 0.15 | 0.00 | 5 | 0 | <.1 | <1 |
| <.1 | 26 | 1.94 | 49 | 177 | 311 | 1.43 | 48 | 0.23 | 0.23 | 0.12 | 1.24 | 0.09 | 30 | <1 | <.1 | 17 |
| 13 | 28 | 0.67 | 22 | 104 | 157 | 0.46 | 51 | 0.08 | 0.74 | 0.09 | 1.81 | 0.05 | 21 | <.1 | <.1 | 5 |
| 18 | 5 | 0.32 | 2 | 13 | 50 | 0.08 | 31 | 0.04 | 0.28 | 0.04 | 0.28 | 0.01 | 8 | <.1 | <.1 | 3 |
| 0 | 3 | 0.22 | 1 | 9 | 35 | 0.04 | 0 | 0.03 | 0.16 | 0.02 | 0.27 | 0.00 | 5 | 0 | 0 | <1 |
| | | | | | | | | | | | | | | | | |
| 4 | 45 | 1.43 | 11 | 44 | 299 | 0.34 | 9 | 0.17 | 0.66 | 0.13 | 1.40 | 0.17 | 46 | 0 | <1 | 3 |
| 4 | 45 | 1.44 | 11 | 32 | 137 | 0.33 | — | 0.18 | — | 0.12 | 1.41 | 0.18 | 8 | 0 | <1 | — |
| | | | | | | | | | | | | | | | | |
| 0 | 14 | 0.76 | 16 | 61 | 199 | 0.29 | 0 | 0.15 | 0.16 | 0.08 | 1.63 | 0.04 | 26 | 0 | <.1 | 2 |
| 0 | 7 | 1.04 | 8 | 38 | 169 | 0.23 | 0 | 0.06 | 0.09 | 0.09 | 1.15 | 0.02 | 13 | 0 | 0 | 3 |
| 0 | 4 | 0.90 | 7 | 32 | 1 | 0.19 | 0 | 0.11 | 0.02 | 0.08 | 1.11 | 0.03 | 5 | 0 | 0 | 10 |
| 0 | 14 | 0.56 | 9 | 30 | 124 | 0.30 | 0 | 0.06 | 0.06 | 0.04 | 0.62 | 0.01 | 19 | 0 | 0 | 5 |
| 0 | 20 | 0.72 | 3 | 10 | 135 | 0.23 | — | 0.07 | — | 0.04 | 0.45 | 0.01 | 10 | 1 | 0 | — |
| 0 | 3 | 0.24 | 8 | 32 | 26 | 0.24 | 0 | 0.02 | 0.08 | 0.01 | 0.10 | 0.02 | 5 | 0 | 0 | 4 |
| 0 | 12 | 0.55 | 6 | 29 | 135 | 0.20 | 0 | 0.07 | — | 0.04 | 0.71 | 0.01 | 13 | 0 | 0 | 6 |
| 0 | 4 | 0.65 | 13 | 54 | 87 | 0.31 | 0 | 0.05 | 0.09 | 0.03 | 0.17 | 0.03 | 5 | <.1 | 0 | 3 |
| 0 | 18 | 0.81 | 4 | 19 | 195 | 0.12 | 0 | 0.08 | 0.15 | 0.07 | 0.79 | 0.01 | 19 | 0 | 0 | 2 |
| 0 | 18 | 0.81 | 4 | 109 | 95 | 0.12 | 0 | 0.08 | 0.02 | 0.07 | 0.79 | 0.01 | 19 | 0 | 0 | 3 |
| 0 | 36 | 1.08 | 8 | 40 | 254 | 0.20 | 0 | 0.12 | 0.61 | 0.10 | 1.21 | 0.02 | 27 | 0 | 0 | 2 |
| 0 | 36 | 1.08 | 8 | 107 | 112 | 0.20 | 0 | 0.12 | 0.61 | 0.10 | 1.21 | 0.02 | 27 | 0 | 0 | 2 |
| 1 | 72 | 0.67 | 10 | 120 | 392 | 0.17 | 5 | 0.12 | 0.06 | 0.19 | 1.05 | 0.01 | 28 | <.1 | <.1 | 6 |
| | | | | | | | | | | | | | | | | |
| 0 | 23 | 0.78 | 15 | 60 | 201 | 0.32 | 0 | 0.14 | 0.58 | 0.08 | 1.71 | 0.04 | 24 | 0 | <.1 | 3 |
| 0 | 18 | 0.81 | 4 | 19 | 195 | 0.12 | 0 | 0.08 | 0.15 | 0.07 | 0.79 | 0.01 | 19 | 0 | 0 | 2 |
| 0 | 15 | 1.32 | 19 | 55 | 239 | 0.48 | 0 | 0.15 | 0.15 | 0.10 | 1.49 | 0.04 | 35 | 0 | 0 | 2 |
| 0 | 15 | 1.32 | 19 | 61 | 85 | 0.48 | 0 | 0.15 | 0.15 | 0.10 | 1.49 | 0.04 | 15 | 0 | 0 | 10 |
| 2 | 57 | 0.73 | 15 | 86 | 256 | 0.24 | 5 | 0.10 | — | 0.12 | 0.89 | 0.07 | 18 | <1 | <.1 | 7 |
| | | | | | | | | | | | | | | | | |
| 0 | 48 | 0.75 | 11 | 83 | 226 | 0.23 | 0 | 0.11 | — | 0.08 | 1.65 | 0.04 | 20 | 0 | 0 | 6 |
| 0 | 14 | 0.86 | 28 | 83 | 185 | 0.60 | 0 | 0.06 | 0.24 | 0.03 | 1.27 | 0.05 | 8 | 0 | 0 | 4 |
| | | | | | | | | | | | | | | | | |
| 14 | 9 | 0.25 | 2 | 24 | 7 | 0.09 | — | 0.03 | 0.07 | 0.04 | 0.23 | 0.01 | 2 | <1 | <.1 | — |
| | | | | | | | | | | | | | | | | |
| 0 | 10 | 0.80 | 4 | 19 | 250 | 0.10 | — | 0.12 | — | 0.07 | 1.09 | 0.01 | 14 | <.1 | <.1 | — |
| 38 | 21 | 1.16 | 9 | 67 | 424 | 0.43 | 101 | 0.22 | — | 0.14 | 1.25 | 0.03 | 35 | <1 | <.1 | 13 |
| 30 | 61 | 1.17 | 21 | 62 | 236 | 0.57 | 6 | 0.14 | 0.53 | 0.16 | 1.50 | 0.07 | 54 | 1 | <1 | 9 |
| 17 | 21 | 0.92 | 9 | 60 | 257 | 0.26 | — | 0.10 | — | 0.11 | 0.87 | 0.03 | 22 | <.1 | <1 | 0 |
| 24 | 89 | 0.95 | 14 | 45 | 143 | 0.24 | 5 | 0.02 | 0.09 | 0.03 | 0.20 | 0.01 | 19 | <.1 | <.1 | 2 |
| 20 | 21 | 1.56 | 17 | 68 | 263 | 0.68 | 9 | 0.29 | 0.25 | 0.13 | 1.91 | 0.06 | 60 | 0 | <1 | 9 |
| 4 | 26 | 0.36 | 13 | 65 | 205 | 0.46 | 2 | 0.53 | — | 0.04 | 0.39 | 0.03 | 13 | <.1 | <.1 | 5 |
| 22 | 21 | 1.50 | 17 | 67 | 249 | 0.64 | 14 | 0.27 | 0.37 | 0.12 | 1.82 | 0.09 | 58 | 0 | <1 | 11 |
| 0 | 0 | 1.80 | — | 70 | 190 | — | — | 0.15 | — | 0.17 | 2.00 | 0.20 | 40 | 0 | 0 | — |
| 15 | 0 | 1.08 | — | — | 230 | — | — | — | — | — | — | — | — | 0 | — | — |
| | | | | | | | | | | | | | | | | |
| 20 | 50 | 1.15 | 7 | 56 | 288 | 0.39 | 20 | 0.14 | 0.76 | 0.15 | 1.14 | 0.03 | 29 | <1 | <1 | 9 |
| 34 | 16 | 1.27 | 29 | 74 | 234 | 0.57 | — | 0.10 | — | 0.12 | 1.44 | 0.09 | 33 | 0 | <.1 | — |
| 15 | 42 | 1.60 | 18 | 39 | 297 | 0.31 | 30 | 0.16 | 0.46 | 0.19 | 1.16 | 0.05 | 46 | 0 | <.1 | 9 |

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**TABLE H–1**

**Food Composition** (DA+ code is for Wadsworth Diet Analysis program) (For purposes of calculations, use "0" for t, <1, <.1, <.01, etc.)

| DA + Code | Food Description | Quantity | Measure | Wt (g) | $H_2O$ (g) | Ener (kcal) | Prot (g) | Carb (g) | Fiber (g) | Fat (g) | Fat Breakdown (g) Sat | Mono | Poly | *Trans* |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **BREADS, BAKED GOODS, CAKES, COOKIES, CRACKERS, CHIPS, PIES**—Continued | | | | | | | | | | | | | |
| 9121 | English muffin, plain, enriched | 1 | item(s) | 57 | 24 | 134 | 4 | 26 | 2 | 1 | 0.15 | 0.17 | 0.51 | — |
| 29582 | English, toasted | 1 | item(s) | 50 | 19 | 128 | 4 | 25 | 1 | 1 | 0.14 | 0.16 | 0.48 | — |
| 9145 | English, wheat | 1 | item(s) | 57 | 24 | 127 | 5 | 26 | 3 | 1 | 0.16 | 0.16 | 0.48 | — |
| | **Granola bars** | | | | | | | | | | | | | |
| 38161 | Kudos milk chocolate w/fruit & nuts | 1 | item(s) | 28 | — | 90 | 2 | 15 | 1 | 3 | 1.00 | — | — | — |
| 38196 | Nature Valley banana nut crunchy | 1 | item(s) | 21 | — | 95 | 2 | 14 | 1 | 4 | 0.50 | — | — | — |
| 38187 | Nature Valley fruit n nut trail mix | 1 | item(s) | 35 | — | 140 | 3 | 25 | 2 | 4 | 0.50 | — | — | — |
| 1383 | Plain, hard | 1 | item(s) | 25 | 1 | 115 | 2 | 16 | 1 | 5 | 0.58 | 1.07 | 2.95 | — |
| 4606 | Plain, soft | 1 | item(s) | 28 | 2 | 126 | 2 | 19 | 1 | 5 | 2.06 | 1.08 | 1.51 | — |
| | **Pies** | | | | | | | | | | | | | |
| 454 | Apple pie, from home recipe | 1 | slice(s) | 155 | 73 | 411 | 4 | 58 | 2 | 19 | 4.73 | 8.36 | 5.17 | — |
| 470 | Pecan pie, from home recipe | 1 | slice(s) | 122 | 24 | 503 | 6 | 64 | 0 | 27 | 4.87 | 13.64 | 6.97 | — |
| 472 | Pumpkin pie, from home recipe | 1 | slice(s) | 155 | 91 | 316 | 7 | 41 | 0 | 14 | 4.92 | 5.73 | 2.81 | — |
| 9007 | Pie crust, frozen, ready to bake, enriched, baked | 1 | slice(s) | 16 | 2 | 82 | 1 | 8 | <1 | 5 | 1.69 | 2.51 | 0.65 | — |
| 5052 | Pie crust, prepared w/water, baked | 1 | slice(s) | 20 | 2 | 100 | 1 | 10 | <1 | 6 | 1.54 | 3.46 | 0.77 | — |
| | **Rolls** | | | | | | | | | | | | | |
| 8555 | Crescent dinner roll | 1 | item(s) | 28 | 10 | 80 | 2 | 14 | 1 | 1 | 0.34 | 0.70 | 0.25 | — |
| 489 | Hamburger roll or bun, plain | 1 | item(s) | 43 | 15 | 120 | 4 | 21 | 1 | 2 | 0.47 | 0.48 | 0.85 | — |
| 490 | Hard roll | 1 | item(s) | 57 | 18 | 167 | 6 | 30 | 1 | 2 | 0.35 | 0.65 | 0.98 | — |
| 5127 | Kaiser roll | 1 | item(s) | 57 | 18 | 167 | 6 | 30 | 1 | 2 | 0.35 | 0.65 | 0.98 | — |
| 5130 | Whole wheat roll or bun | 1 | item(s) | 28 | 9 | 76 | 2 | 15 | 2 | 1 | 0.24 | 0.34 | 0.62 | — |
| | **Sport bars** | | | | | | | | | | | | | |
| 37026 | Balance original chocolate | 1 | item(s) | 50 | — | 200 | 14 | 22 | 1 | 6 | 3.50 | — | — | — |
| 37024 | Balance original peanut butter | 1 | item(s) | 50 | — | 200 | 14 | 22 | 1 | 6 | 2.50 | — | — | — |
| 36580 | Clif Bar chocolate brownie energy bar | 1 | item(s) | 68 | — | 240 | 10 | 41 | 6 | 4 | 1.00 | — | — | — |
| 36583 | Clif Bar crunchy peanut butter energy bar | 1 | item(s) | 68 | — | 240 | 12 | 39 | 5 | 5 | 0.50 | — | — | — |
| 36584 | Clif Luna tropical crisp energy bar | 1 | item(s) | 48 | — | 180 | 10 | 24 | 2 | 5 | 3.50 | 0.00 | 0.00 | — |
| 12005 | Powerbar apple cinnamon | 1 | item(s) | 65 | — | 230 | 10 | 45 | 3 | 3 | 0.50 | 1.50 | 0.50 | — |
| 16078 | Powerbar banana | 1 | item(s) | 65 | — | 230 | 9 | 45 | 3 | 2 | 0.50 | 1.00 | 0.50 | — |
| 16080 | Powerbar chocolate | 1 | item(s) | 65 | — | 230 | 10 | 45 | 3 | 2 | 0.50 | 0.50 | 1.00 | — |
| 16079 | Powerbar mocha | 1 | item(s) | 65 | — | 230 | 10 | 45 | 3 | 3 | 1.00 | 1.00 | 0.50 | — |
| | **Tortillas** | | | | | | | | | | | | | |
| 1391 | Corn tortillas, soft | 1 | item(s) | 26 | 11 | 58 | 1 | 12 | 1 | 1 | 0.09 | 0.17 | 0.29 | — |
| 1669 | Flour tortilla | 1 | item(s) | 32 | 9 | 104 | 3 | 18 | 1 | 2 | 0.56 | 1.21 | 0.34 | — |
| 1390 | Taco shells, hard | 1 | item(s) | 13 | 1 | 62 | 1 | 8 | 1 | 3 | 0.43 | 1.19 | 1.13 | — |
| | **Pancakes, waffles** | | | | | | | | | | | | | |
| 8926 | Pancakes, blueberry, from recipe | 3 | item(s) | 114 | 61 | 253 | 7 | 33 | 1 | 10 | 2.26 | 2.64 | 4.74 | — |
| 5037 | Pancakes, from mix w/egg & milk | 3 | item(s) | 114 | 60 | 249 | 9 | 33 | 2 | 9 | 2.33 | 2.36 | 3.33 | — |
| 9219 | Waffle, plain, frozen, toasted | 2 | item(s) | 66 | 28 | 174 | 4 | 27 | 2 | 5 | 0.95 | 2.12 | 1.84 | — |
| 500 | Waffle, plain, from recipe | 1 | item(s) | 75 | <.1 | 218 | 6 | 25 | 2 | 11 | 2.14 | 2.64 | 5.08 | — |
| 30311 | Waffle, 100% whole grain | 1 | item(s) | 75 | 32 | 201 | 7 | 25 | 2 | 8 | 2.35 | 3.38 | 2.06 | — |
| | **CEREAL, FLOUR, GRAIN, PASTA, NOODLES, POPCORN** | | | | | | | | | | | | | |
| | **Grain** | | | | | | | | | | | | | |
| 2861 | Amaranth, dry | ½ | cup(s) | 98 | 10 | 365 | 14 | 65 | 15 | 6 | 1.62 | 1.40 | 2.82 | — |
| 1953 | Barley, pearled, cooked | ½ | cup(s) | 79 | 54 | 97 | 2 | 22 | 3 | <1 | 0.07 | 0.04 | 0.17 | — |
| 1956 | Buckwheat groats, cooked, roasted | ½ | cup(s) | 84 | 64 | 77 | 3 | 17 | 2 | 1 | 0.11 | 0.16 | 0.16 | — |
| 1957 | Bulgur, cooked | ½ | cup(s) | 91 | 71 | 76 | 3 | 17 | 4 | <1 | 0.04 | 0.03 | 0.09 | — |
| 1963 | Couscous, cooked | ½ | cup(s) | 79 | 57 | 88 | 3 | 18 | 1 | <1 | 0.02 | 0.02 | 0.05 | — |
| 1967 | Millet, cooked | ½ | cup(s) | 120 | 86 | 143 | 4 | 28 | 2 | 1 | 0.21 | 0.22 | 0.61 | — |
| 1969 | Oat bran, dry | ½ | cup(s) | 47 | 3 | 116 | 8 | 31 | 7 | 3 | 0.62 | 1.12 | 1.30 | — |
| 1972 | Quinoa, dry | ½ | cup(s) | 85 | 8 | 318 | 11 | 59 | 5 | 5 | 0.50 | 1.30 | 1.99 | — |
| | **Rice** | | | | | | | | | | | | | |
| 129 | Brown, long grain, cooked | ½ | cup(s) | 98 | 71 | 108 | 3 | 22 | 2 | 1 | 0.18 | 0.32 | 0.31 | — |
| 2863 | Brown, medium grain, cooked | ½ | cup(s) | 97.5 | 0.07 | 109.19 | 2.26 | 22.92 | 1.75 | 0.8 | 0.16 | 0.29 | 0.28 | — |
| 37488 | Jasmine, saffroned, cooked | ½ | cup(s) | 280 | — | 340 | 8 | 78 | 0 | 0 | 0.00 | — | — | 0 |
| 30280 | Pilaf, cooked | ½ | cup(s) | 103 | 74 | 129 | 2 | 22 | 1 | 3 | 0.67 | 1.61 | 0.95 | — |
| 28066 | Spanish, cooked | ½ | cup(s) | 120 | 3 | 25 | 2 | 1 | <1 | <1 | 0.33 | 0.07 | 18.31 | 0 |
| 2867 | White glutinous, cooked | ½ | cup(s) | 87 | 67 | 84 | 2 | 18 | 1 | <1 | 0.03 | 0.06 | 0.06 | — |
| 482 | White, instant long grain, enriched, boiled | ½ | cup(s) | 83 | 63 | 81 | 2 | 18 | <1 | <1 | 0.04 | 0.04 | 0.04 | — |
| 484 | White, long grain, boiled | ½ | cup(s) | 79 | 54 | 103 | 2 | 22 | <1 | <1 | 0.06 | 0.07 | 0.06 | — |
| 486 | White, long grain, enriched, parboiled, cooked | ½ | cup(s) | 88 | 63 | 100 | 2 | 22 | <1 | <1 | 0.06 | 0.07 | 0.06 | — |
| 1194 | Wild brown, cooked | ½ | cup(s) | 82 | 0.06 | 82.81 | 3.27 | 17.49 | 1.47 | 0.27 | 0.04 | 0.04 | 0.17 | — |

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**PAGE KEY:** H–2 = Breads/Baked Goods H–6 = Cereal/Rice/Pasta H–10 = Fruit H–14 = Vegetables/Legumes H–24 = Nuts/Seeds H–26 = Vegetarian
H–28 = Dairy H–34 = Eggs H–34 = Seafood H–36 = Meats H–40 = Poultry H–40 = Processed meats H–42 = Beverages H–46 = Fats/Oils
H–48 = Sweets H–50 = Spices/Condiments/Sauces H–52 = Mixed foods/Soups/Sandwiches H–58 = Fast food H–74 = Convenience meals H–76 = Baby foods

| Chol (mg) | Calc (mg) | Iron (mg) | Magn (mg) | Pota (mg) | Sodi (mg) | Zinc (mg) | Vit A (µg) | Thia (mg) | Vit E (mg α) | Ribo (mg) | Niac (mg) | Vit $B_6$ (mg) | Fola (µg) | Vit C (mg) | Vit $B_{12}$ (µg) | Sele (µg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 0 | 30 | 1.43 | 12 | 75 | 264 | 0.40 | 0 | 0.25 | — | 0.16 | 2.21 | 0.02 | 42 | 0 | <.1 | — |
| 0 | 95 | 1.36 | 11 | 72 | 252 | 0.38 | 0 | 0.19 | 0.17 | 0.14 | 1.90 | 0.02 | 15 | <.1 | <.1 | — |
| 0 | 101 | 1.64 | 21 | 106 | 218 | 0.61 | 0 | 0.25 | 0.26 | 0.17 | 1.91 | 0.05 | 36 | 0 | 0 | 17 |
| 0 | 200 | 0.36 | — | — | 60 | — | 0 | — | — | — | — | — | — | 0 | 0 | — |
| 0 | 10 | 0.54 | — | 60 | 80 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 0 | 0 | 0.00 | — | — | 95 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 0 | 15 | 0.72 | 24 | 82 | 72 | 0.50 | 2 | 0.06 | — | 0.03 | 0.39 | 0.02 | 6 | <1 | 0 | 4 |
| <1 | 30 | 0.73 | 21 | 92 | 79 | 0.43 | 0 | 0.08 | — | 0.05 | 0.15 | 0.03 | 7 | 0 | <1 | 5 |
| 0 | 11 | 1.74 | 11 | 122 | 327 | 0.29 | 17 | 0.23 | — | 0.17 | 1.91 | 0.05 | 37 | 3 | 0 | 12 |
| 106 | 39 | 1.81 | 32 | 162 | 320 | 1.24 | 100 | 0.23 | — | 0.22 | 1.03 | 0.07 | 32 | <1 | <1 | 15 |
| 65 | 146 | 1.97 | 29 | 288 | 349 | 0.71 | 660 | 0.14 | — | 0.31 | 1.21 | 0.07 | 33 | 3 | <1 | 11 |
| 0 | 3 | 0.36 | 3 | 18 | 104 | 0.05 | 0 | 0.04 | 0.42 | 0.06 | 0.39 | 0.01 | 9 | 0 | <.1 | <1 |
| 0 | 12 | 0.43 | 3 | 12 | 146 | 0.08 | 0 | 0.06 | — | 0.04 | 0.47 | 0.01 | 20 | 0 | 0 | — |
| 0 | 39 | 0.89 | 6 | 39 | 157 | 0.17 | 0 | 0.14 | 0.02 | 0.09 | 1.10 | 0.01 | — | 0 | <.1 | — |
| 0 | 59 | 1.43 | 9 | 40 | 206 | 0.28 | 0 | 0.17 | 0.03 | 0.14 | 1.79 | 0.03 | 48 | 0 | <.1 | 8 |
| 0 | 54 | 1.87 | 15 | 62 | 310 | 0.54 | 0 | 0.27 | 0.24 | 0.19 | 2.42 | 0.02 | 54 | 0 | 0 | 22 |
| 0 | 54 | 1.87 | 15 | 62 | 310 | 0.54 | 0 | 0.27 | — | 0.19 | 2.42 | 0.02 | 54 | 0 | 0 | 22 |
| 0 | 30 | 0.69 | 24 | 78 | 136 | 0.57 | 0 | 0.07 | — | 0.04 | 1.05 | 0.06 | 9 | 0 | 0 | 14 |
| 3 | 100 | 4.50 | 40 | 160 | 180 | 3.75 | — | 0.38 | — | 0.43 | 5.00 | 0.50 | 100 | 60 | 2 | 18 |
| 3 | 100 | 4.50 | 40 | 130 | 230 | 3.75 | — | 0.38 | — | 0.43 | 5.00 | 0.50 | 100 | 60 | 2 | 18 |
| 0 | 250 | 5.40 | 120 | 260 | 150 | 3.75 | — | 0.38 | — | 0.26 | 4.00 | 0.40 | 80 | 60 | 1 | 18 |
| 0 | 250 | 5.40 | 120 | 300 | 290 | 3.75 | — | 0.38 | — | 0.34 | 6.00 | 0.40 | 100 | 60 | 1 | 14 |
| 0 | 350 | 6.30 | 140 | 120 | 135 | 5.25 | — | 1.50 | — | 1.70 | 20.00 | 2.00 | 400 | 60 | 6 | 25 |
| 0 | 300 | 6.30 | 140 | 110 | 90 | 5.25 | 0 | 1.50 | — | 1.70 | 20.00 | 2.00 | 400 | 60 | 6 | — |
| 0 | 300 | 6.30 | 140 | 200 | 90 | 5.25 | 0 | 1.50 | — | 1.70 | 20.00 | 2.00 | 400 | 60 | 6 | — |
| 0 | 300 | 6.30 | 140 | 150 | 90 | 5.25 | 0 | 1.50 | — | 1.70 | 20.00 | 2.00 | 400 | 60 | 6 | — |
| 0 | 300 | 6.30 | 140 | 150 | 90 | 5.25 | 0 | 1.50 | — | 1.70 | 20.00 | 2.00 | 400 | 60 | 6 | — |
| 0 | 46 | 0.36 | 17 | 40 | 42 | 0.24 | 0 | 0.03 | 0.07 | 0.02 | 0.39 | 0.06 | 26 | 0 | 0 | 1 |
| 0 | 40 | 1.06 | 8 | 42 | 153 | 0.23 | 0 | 0.17 | 0.06 | 0.09 | 1.14 | 0.02 | 33 | 0 | 0 | 7 |
| 0 | 21 | 0.33 | 14 | 24 | 49 | 0.19 | 0 | 0.03 | 0.22 | 0.01 | 0.18 | 0.04 | 17 | 0 | 0 | 2 |
| 64 | 235 | 1.96 | 18 | 157 | 470 | 0.62 | 57 | 0.22 | — | 0.31 | 1.74 | 0.06 | 41 | 3 | <1 | 16 |
| 81 | 245 | 1.48 | 25 | 227 | 576 | 0.86 | 82 | 0.23 | — | 0.36 | 1.40 | 0.12 | 105 | 1 | <1 | — |
| 16 | 153 | 2.95 | 15 | 84 | 519 | 0.38 | 253 | 0.25 | 0.65 | 0.31 | 2.93 | 0.59 | 36 | 0 | 2 | 11 |
| 52 | 191 | 1.73 | 14 | 119 | 383 | 0.50 | 49 | 0.19 | — | 0.26 | 1.55 | 0.04 | 51 | <1 | <1 | 35 |
| 71 | 196 | 1.56 | 30 | 173 | 374 | 0.85 | — | 0.15 | 0.32 | 0.25 | 1.47 | 0.09 | 14 | <1 | <1 | — |
| 0 | 149 | 7.40 | 259 | 357 | 20 | 3.10 | 0 | 0.08 | — | 0.20 | 1.25 | 0.22 | 48 | 4 | 0 | — |
| 0 | 9 | 1.04 | 17 | 73 | 2 | 0.64 | 0 | 0.07 | 0.01 | 0.05 | 1.62 | 0.09 | 13 | 0 | 0 | 7 |
| 0 | 6 | 0.67 | 43 | 74 | 3 | 0.51 | 0 | 0.03 | 0.08 | 0.03 | 0.79 | 0.06 | 12 | 0 | 0 | 2 |
| 0 | 9 | 0.87 | 29 | 62 | 5 | 0.52 | 0 | 0.05 | 0.01 | 0.03 | 0.91 | 0.08 | 16 | 0 | 0 | 1 |
| 0 | 6 | 0.30 | 6 | 46 | 4 | 0.20 | 0 | 0.05 | 0.10 | 0.02 | 0.77 | 0.04 | 12 | 0 | 0 | 22 |
| 0 | 4 | 0.76 | 53 | 74 | 2 | 1.09 | 0 | 0.13 | 0.02 | 0.10 | 1.60 | 0.13 | 23 | 0 | 0 | 1 |
| 0 | 27 | 2.54 | 110 | 266 | 2 | 1.46 | 0 | 0.55 | 0.47 | 0.10 | 0.44 | 0.08 | 24 | 0 | 0 | 21 |
| 0 | 51 | 7.86 | 179 | 629 | 18 | 2.81 | 0 | 0.17 | — | 0.34 | 2.49 | 0.19 | 42 | 0 | 0 | — |
| 0 | 10 | 0.41 | 42 | 42 | 5 | 0.61 | 0 | 0.09 | 0.03 | 0.02 | 1.49 | 0.14 | 4 | 0 | 0 | 10 |
| 0 | 9.75 | 0.51 | 42.9 | 77.02 | 0.97 | 0.6 | 0 | 0.09 | — | 0.01 | 1.29 | 0.14 | 3.9 | 0 | 0 | 38 |
| 0 | — | 2.16 | — | — | 780 | — | — | — | — | — | — | — | — | — | — | — |
| 0 | 13 | 1.16 | 9 | 55 | 403 | 0.38 | — | 0.13 | 0.28 | 0.02 | 1.24 | 0.06 | 4 | <1 | <.1 | — |
| 1 | 47 | 0.78 | 48 | 1 | 13 | 0.13 | <1 | 0.03 | 0.06 | 0.19 | 8.71 | 0.14 | <.1 | 7 | <.1 | 9 |
| 0 | 2 | 0.12 | 4 | 9 | 4 | 0.36 | 0 | 0.02 | 0.03 | 0.01 | 0.25 | 0.02 | 1 | 0 | 0 | 5 |
| 0 | 7 | 0.52 | 4 | 3 | 2 | 0.20 | 0 | 0.06 | 0.01 | 0.04 | 0.73 | 0.01 | 58 | 0 | 0 | 3 |
| 0 | 8 | 0.95 | 9 | 28 | 1 | 0.39 | 0 | 0.13 | 0.03 | 0.01 | 1.17 | 0.07 | 46 | 0 | 0 | 6 |
| 0 | 17 | 0.99 | 11 | 32 | 3 | 0.27 | 0 | 0.22 | 0.01 | 0.02 | 1.23 | 0.02 | 67 | 0 | 0 | 7 |
| 0 | 2.46 | 0.49 | 26.23 | 82.81 | 2.46 | 1.09 | 0 | 0.04 | — | 0.07 | 1.05 | 0.11 | 21.31 | 0 | 0 | 0.65 |

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**TABLE H–1**

**Food Composition** (DA+ code is for Wadsworth Diet Analysis program) (For purposes of calculations, use "0" for t, <1, <.1, <.01, etc.)

| DA + Code | Food Description | Quantity | Measure | Wt (g) | $H_2O$ (g) | Ener (kcal) | Prot (g) | Carb (g) | Fiber (g) | Fat (g) | Fat Breakdown (g) Sat | Mono | Poly | *Trans* |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **CEREAL, FLOUR, GRAIN, PASTA, NOODLES, POPCORN**—Continued | | | | | | | | | | | | | |
| | **Flour & grain fractions** | | | | | | | | | | | | | |
| 505 | All purpose flour, self rising, enriched | ½ | cup(s) | 63 | 7 | 221 | 6 | 46 | 2 | 1 | 0.10 | 0.05 | 0.26 | — |
| 503 | All purpose flour, white, bleached, enriched | ½ | cup(s) | 63 | 7 | 228 | 6 | 48 | 2 | 1 | 0.10 | 0.05 | 0.26 | — |
| 1643 | Barley flour | ½ | cup(s) | 56 | 6 | 198 | 4 | 45 | 2 | 1 | 0.16 | 0.10 | 0.38 | — |
| 383 | Buckwheat flour, whole groat | ½ | cup(s) | 60 | 7 | 201 | 8 | 42 | 6 | 2 | 0.41 | 0.57 | 0.57 | — |
| 504 | Cake wheat flour, enriched | ½ | cup(s) | 55 | 7 | 197 | 4 | 43 | 1 | <1 | 0.07 | 0.04 | 0.21 | — |
| 426 | Cornmeal, degermed, enriched | ½ | cup(s) | 69 | 8 | 253 | 6 | 54 | 5 | 1 | 0.16 | 0.28 | 0.49 | — |
| 424 | Cornmeal, yellow whole grain | ½ | cup(s) | 61 | 6 | 221 | 5 | 47 | 4 | 2 | 0.31 | 0.58 | 1.00 | — |
| 1644 | Masa corn flour, enriched | ½ | cup(s) | 57 | 5 | 208 | 5 | 43 | 5 | 2 | 0.30 | 0.57 | 0.98 | — |
| 1976 | Rice flour, brown | ½ | cup(s) | 79 | 9 | 287 | 6 | 60 | 4 | 2 | 0.44 | 0.80 | 0.79 | — |
| 1645 | Rice flour, white | ½ | cup(s) | 79 | 9 | 289 | 5 | 63 | 2 | 1 | 0.30 | 0.35 | 0.30 | — |
| 1978 | Rye flour, dark | ½ | cup(s) | 64 | 7 | 207 | 9 | 44 | 14 | 2 | 0.20 | 0.21 | 0.77 | — |
| 1980 | Semolina, enriched | ½ | cup(s) | 84 | 11 | 301 | 11 | 61 | 3 | 1 | 0.13 | 0.10 | 0.36 | — |
| 2827 | Soy flour, raw | ½ | cup(s) | 43 | 2 | 186 | 15 | 15 | 4 | 9 | 1.27 | 1.94 | 4.96 | — |
| 1990 | Wheat germ, crude | 2 | tablespoon(s) | 14 | 2 | 52 | 3 | 7 | 2 | 1 | 0.24 | 0.20 | 0.86 | — |
| 506 | Whole wheat flour | ½ | cup(s) | 60 | 6 | 203 | 8 | 44 | 7 | 1 | 0.19 | 0.14 | 0.47 | — |
| | **Breakfast bars** | | | | | | | | | | | | | |
| 39230 | Atkins Morning Start apple crisp | 1 | item(s) | 37 | — | 170 | 11 | 12 | 6 | 9 | 4.00 | — | — | — |
| 10574 | Health Valley fat free apple | 1 | item(s) | 38 | — | 110 | 2 | 26 | 3 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 10647 | Nutri-Grain blueberry cereal bar | 1 | item(s) | 37 | 5 | 140 | 2 | 27 | 1 | 3 | 0.50 | 2.00 | 0.50 | — |
| 10648 | Nutri-Grain raspberry cereal bar | 1 | item(s) | 37 | 5 | 140 | 2 | 27 | 1 | 3 | 0.50 | 2.00 | 0.50 | — |
| 10649 | Nutri-Grain strawberry cereal bar | 1 | item(s) | 37 | 5 | 140 | 2 | 27 | 1 | 3 | 0.50 | 2.00 | 0.50 | — |
| | **Breakfast cereals, hot** | | | | | | | | | | | | | |
| 363 | Corn grits, white, regular & quick, enriched, cooked w/water & salt | ½ | cup(s) | 121 | 103 | 71 | 2 | 16 | <1 | <1 | 0.03 | 0.06 | 0.10 | — |
| 8636 | Corn grits, yellow, regular & quick, enriched, cooked w/salt | ½ | cup(s) | 121 | 103 | 71 | 2 | 16 | <1 | <1 | 0.03 | 0.06 | 0.10 | — |
| 1260 | Cream of Wheat, instant, prepared | ½ | cup(s) | 121 | 106 | 61 | 2 | 13 | <1 | <.1 | 0.01 | 0.01 | 0.04 | 0 |
| 365 | Farina, enriched, cooked w/water & salt | ½ | cup(s) | 117 | 102 | 56 | 2 | 12 | <1 | <.1 | 0.01 | 0.01 | 0.03 | — |
| 8657 | Oatmeal, cooked w/water | ½ | cup(s) | 117 | 100 | 74 | 3 | 13 | 2 | 1 | 0.19 | 0.37 | 0.44 | — |
| 5500 | Oatmeal, maple & brown sugar, instant, prepared | 1 | item(s) | 198 | 150 | 200 | 5 | 40 | 2 | 2 | 0.42 | 0.74 | 0.85 | — |
| 5510 | Oatmeal, ready to serve, packet | 1 | item(s) | 186 | 158 | 112 | 4 | 20 | 3 | 2 | 0.38 | 0.66 | 0.76 | — |
| | **Breakfast cereals, ready to eat** | | | | | | | | | | | | | |
| 1197 | All-Bran | 1 | cup(s) | 62 | 2 | 160 | 8 | 46 | 20 | 2 | 0.00 | 0.00 | 1.00 | 0 |
| 1200 | All-Bran Buds | 1 | cup(s) | 91 | 3 | 212 | 6 | 73 | 42 | 3 | — | — | — | 0 |
| 1199 | Apple Jacks | 1 | cup(s) | 33 | 1 | 130 | 1 | 30 | 1 | 1 | — | — | — | 0 |
| 13633 | Bran Flakes, Post | 1 | cup(s) | 40 | 1 | 133 | 4 | 32 | 7 | 1 | 0.00 | 0.00 | 0.71 | — |
| 1204 | Cap'n Crunch | 1 | cup(s) | 36 | 1 | 144 | 2 | 30 | 1 | 2 | 0.53 | 0.39 | 0.27 | — |
| 1205 | Cap'n Crunch Crunchberries w/wildberry colors | 1 | cup(s) | 35 | 1 | 139 | 2 | 29 | 1 | 2 | 0.49 | 0.39 | 0.28 | — |
| 1206 | Cheerios | 1 | cup(s) | 30 | 1 | 110 | 3 | 22 | 3 | 2 | 0.00 | 0.50 | 0.50 | — |
| 3415 | Cocoa Puffs | 1 | cup(s) | 30 | 1 | 120 | 1 | 26 | 0 | 1 | — | — | — | — |
| 1207 | Cocoa Rice Krispies | 1 | cup(s) | 41 | 1 | 160 | 1 | 36 | 1 | 1 | 0.67 | 0.00 | 0.00 | — |
| 5522 | Complete wheat bran flakes | 1 | cup(s) | 39 | 1 | 120 | 4 | 31 | 7 | 1 | — | — | — | 0 |
| 1211 | Corn Flakes | 1 | cup(s) | 28 | 1 | 100 | 2 | 24 | 1 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 1247 | Corn Pops | 1 | cup(s) | 31 | 1 | 120 | 1 | 28 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 1937 | Cracklin' Oat Bran | 1 | cup(s) | 65 | 0 | 266 | 5 | 47 | 7 | 9 | 2.70 | 4.70 | 1.33 | 0 |
| 1220 | Froot Loops | 1 | cup(s) | 32 | 1 | 120 | 1 | 28 | 1 | 1 | 0.50 | 0.00 | 0.00 | — |
| 38214 | Frosted Cheerios | 1 | cup(s) | 30 | — | 120 | 2 | 25 | 1 | 1 | 0.00 | 0.00 | 0.00 | — |
| 372 | Frosted Flakes | 1 | cup(s) | 41 | 1 | 160 | 1 | 37 | 1 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 38215 | Frosted Mini Chex | 1 | cup(s) | 40 | — | 146 | 1 | 36 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 10268 | Frosted Mini-Wheats | 5 | item(s) | 51 | 3 | 180 | 5 | 41 | 5 | 1 | 0.00 | 0.00 | 0.50 | 0 |
| 38216 | Frosted Wheaties | 1 | cup(s) | 40 | — | 146 | 1 | 36 | <1 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 1223 | Granola, prepared | ½ | cup(s) | 61 | 0 | 299 | 9 | 32 | 5 | 15 | 2.76 | 4.7 | 6.53 | — |
| 13334 | Granola, Quaker 100% natural, oats & honey | ½ | cup(s) | 48 | 0 | 219 | 5 | 31 | 3 | 9 | 3.83 | 4.0 | 1.19 | — |
| 13335 | Granola, Quaker 100% natural, oats, honey & raisins | ½ | cup(s) | 51 | 0 | 225 | 5 | 34 | 3 | 9 | 3.57 | 3.80 | 1.10 | — |
| 2415 | Honey Bunches of Oats honey roasted | 1 | cup(s) | 40 | 1 | 160 | 3 | 33 | 1 | 2 | 0.67 | 1.20 | 0.13 | — |
| 1227 | Honey Nut Cheerios | 1 | cup(s) | 30 | 1 | 120 | 3 | 24 | 2 | 2 | 0.00 | 0.50 | 0.00 | — |
| 2424 | Honeycomb | 1 | cup(s) | 22 | <1 | 83 | 2 | 20 | <1 | <1 | 0.00 | — | — | — |
| 10286 | Kashi puffed | 1 | cup(s) | 25 | — | 70 | 3 | 13 | 2 | 1 | 0.00 | — | — | — |
| 1231 | Kix | 1 | cup(s) | 23 | <1 | 90 | 2 | 20 | 1 | <1 | 0.00 | 0.00 | 0.00 | — |
| 30569 | Life | 1 | cup(s) | 43 | 2 | 160 | 4 | 33 | 3 | 2 | 0.35 | 0.64 | 0.61 | — |
| 1233 | Lucky Charms | 1 | cup(s) | 30 | 1 | 120 | 2 | 25 | 1 | 1 | 0.00 | 0.00 | 0.00 | — |

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**PAGE KEY:** H–2 = Breads/Baked Goods H–6 = Cereal/Rice/Pasta H–10 = Fruit H–14 = Vegetables/Legumes H–24 = Nuts/Seeds H–26 = Vegetarian H–28 = Dairy H–34 = Eggs H–34 = Seafood H–36 = Meats H–40 = Poultry H–40 = Processed meats H–42 = Beverages H–46 = Fats/Oils H–48 = Sweets H–50 = Spices/Condiments/Sauces H–52 = Mixed foods/Soups/Sandwiches H–58 = Fast food H–74 = Convenience meals H–76 = Baby foods

| Chol (mg) | Calc (mg) | Iron (mg) | Magn (mg) | Pota (mg) | Sodi (mg) | Zinc (mg) | Vit A (µg) | Thia (mg) | Vit E (mg α) | Ribo (mg) | Niac (mg) | Vit $B_6$ (mg) | Fola (µg) | Vit C (mg) | Vit $B_{12}$ (µg) | Sele (µg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 0 | 211 | 2.92 | 12 | 78 | 794 | 0.39 | 0 | 0.42 | 0.03 | 0.26 | 3.65 | 0.03 | 123 | 0 | 0 | 22 |
| 0 | 9 | 2.90 | 14 | 67 | 1 | 0.44 | 0 | 0.49 | 0.04 | 0.31 | 3.69 | 0.03 | 114 | 0 | 0 | 21 |
| 0 | 16 | 0.71 | 45 | 186 | 4 | 1.05 | 0 | 0.07 | — | 0.03 | 2.57 | 0.16 | 13 | 0 | 0 | 2 |
| 0 | 25 | 2.44 | 151 | 346 | 7 | 1.87 | 0 | 0.25 | 0.19 | 0.11 | 3.69 | 0.35 | 32 | 0 | 0 | 3 |
| 0 | 8 | 3.99 | 9 | 57 | 1 | 0.34 | 0 | 0.49 | 0.01 | 0.23 | 3.70 | 0.02 | 101 | 0 | 0 | 3 |
| 0 | 3 | 2.85 | 28 | 112 | 2 | 0.50 | 8 | 0.49 | 0.10 | 0.28 | 3.47 | 0.18 | 161 | 0 | 0 | 5 |
| 0 | 4 | 2.10 | 77 | 175 | 21 | 1.11 | 7 | 0.23 | 0.26 | 0.12 | 2.22 | 0.19 | 15 | 0 | 0 | 9 |
| 0 | 80 | 4.11 | 63 | 170 | 3 | 1.01 | 0 | 0.81 | 0.09 | 0.43 | 5.61 | 0.21 | 133 | 0 | 0 | 9 |
| 0 | 9 | 1.56 | 88 | 228 | 6 | 1.94 | 0 | 0.35 | 0.95 | 0.06 | 5.01 | 0.58 | 13 | 0 | 0 | — |
| 0 | 8 | 0.28 | 28 | 60 | 0 | 0.63 | 0 | 0.11 | 0.09 | 0.02 | 2.05 | 0.34 | 3 | 0 | 0 | 12 |
| 0 | 36 | 4.13 | 159 | 467 | 1 | 3.60 | 1 | 0.20 | 0.90 | 0.16 | 2.73 | 0.28 | 38 | 0 | 0 | 23 |
| 0 | 14 | 3.64 | 39 | 155 | 1 | 0.88 | 0 | 0.68 | 0.22 | 0.48 | 5.00 | 0.09 | 153 | 0 | 0 | 75 |
| 0 | 88 | 2.71 | 183 | 1070 | 6 | 1.67 | 3 | 0.25 | 0.93 | 0.49 | 1.84 | 0.20 | 147 | 0 | 0 | 3 |
| 0 | 6 | 0.90 | 34 | 128 | 2 | 1.77 | 0 | 0.27 | — | 0.07 | 0.98 | 0.19 | 40 | 0 | 0 | 11 |
| 0 | 20 | 2.33 | 83 | 243 | 3 | 1.76 | 0 | 0.27 | 0.49 | 0.13 | 3.82 | 0.20 | 26 | 0 | 0 | 42 |
| 0 | 200 | — | — | 90 | 70 | — | — | 0.23 | — | 0.26 | 3.00 | — | — | 9 | — | — |
| 0 | 0 | 0.72 | — | 160 | 25 | — | — | 0.09 | — | 0.03 | 0.40 | — | — | 1 | — | — |
| 0 | 200 | 1.80 | 8 | 75 | 110 | 1.50 | — | 0.38 | — | 0.43 | 5.00 | 0.50 | 40 | 0 | 0 | — |
| 0 | 200 | 1.80 | 8 | 70 | 110 | 1.50 | — | 0.38 | — | 0.43 | 5.00 | 0.50 | 40 | 0 | 0 | — |
| 0 | 200 | 1.80 | 8 | 55 | 110 | 1.50 | — | 0.38 | — | 0.43 | 5.00 | 0.50 | 40 | 0 | 0 | — |
| 0 | 4 | 0.73 | 6 | 25 | 270 | 0.08 | 0 | 0.10 | 0.02 | 0.07 | 0.87 | 0.03 | 40 | 0 | 0 | 4 |
| 0 | 4 | 0.73 | 6 | 25 | 270 | 0.08 | 2 | 0.10 | 0.02 | 0.07 | 0.87 | 0.03 | 40 | 0 | 0 | 3 |
| 0 | 27 | 8.60 | 2 | 17 | 1 | 0.10 | 0 | 0.07 | — | 0.04 | 0.60 | 0.01 | 357 | 0 | 0 | — |
| 0 | 5 | 0.58 | 2 | 15 | 383 | 0.09 | 0 | 0.07 | 0.01 | 0.05 | 0.57 | 0.01 | 40 | 0 | 0 | 11 |
| 0 | 9 | 0.80 | 28 | 66 | 1 | 0.57 | 0 | 0.13 | 0.12 | 0.02 | 0.15 | 0.02 | 5 | 0 | 0 | 9 |
| 0 | 26 | 6.84 | 50 | 126 | 404 | 1.04 | 0 | 1.02 | — | 0.05 | 1.57 | 0.31 | 30 | 0 | 0 | 11 |
| 0 | 21 | 3.96 | 45 | 112 | 241 | 0.93 | 0 | 0.60 | — | 0.05 | 0.78 | 0.19 | 19 | 0 | 0 | 4 |
| 0 | 300 | 9.00 | 200 | 700 | 160 | 3.00 | 300 | 0.75 | — | 0.85 | 10.00 | 4.00 | 800 | 12 | 12 | 6 |
| 0 | 0 | 13.64 | 182 | 909 | 606 | 4.55 | 455 | 1.14 | — | 1.29 | 15.15 | 6.06 | 1212 | 18 | 18 | 26 |
| 0 | 0 | 4.50 | 8 | 35 | 150 | 1.50 | 150 | 0.38 | — | 0.43 | 5.00 | 0.50 | 100 | 15 | 2 | 2 |
| 0 | 0 | 10.77 | 80 | 253 | 293 | 2.00 | — | 0.50 | — | 0.57 | 6.65 | 0.67 | 133 | 0 | 2 | — |
| 0 | 5 | 6.00 | 20 | 72 | 269 | 4.99 | 3 | 0.51 | — | 0.57 | 6.66 | 0.67 | 133 | 0 | 0 | 7 |
| <.1 | 7 | 6.14 | 19 | 71 | 242 | 5.12 | 2 | 0.51 | — | 0.57 | 6.66 | 0.67 | 133 | <.1 | 0 | 7 |
| 0 | 100 | 8.10 | 40 | 95 | 280 | 3.75 | 150 | 0.38 | — | 0.43 | 5.00 | 0.50 | 200 | 6 | 2 | 11 |
| 0 | 100 | 4.50 | 8 | 50 | 170 | 3.75 | 0 | 0.38 | — | 0.43 | 5.00 | 0.50 | 100 | 6 | 2 | 2 |
| 0 | 53 | 5.99 | 11 | 67 | 253 | 2.00 | 200 | 0.50 | — | 0.57 | 6.65 | 0.67 | 133 | 20 | 2 | 6 |
| 0 | 0 | 23.94 | 53 | 226 | 279 | 19.95 | 299 | 2.00 | — | 2.26 | 26.60 | 2.66 | 532 | 80 | 8 | 4 |
| 0 | 0 | 8.10 | 3 | 25 | 200 | 0.17 | 150 | 0.38 | — | 0.43 | 5.00 | 0.50 | 100 | 6 | 2 | 1 |
| 0 | 0 | 1.80 | 2 | 25 | 120 | 1.50 | 150 | 0.38 | — | 0.43 | 5.00 | 0.50 | 100 | 6 | 2 | 2 |
| 0 | 27 | 2.38 | 80 | 293 | 186 | 2.00 | 299 | 0.49 | — | 0.56 | 6.65 | 0.67 | 218 | 20 | 2 | 14 |
| 0 | 0 | 4.50 | 8 | 35 | 150 | 1.50 | 150 | 0.38 | — | 0.43 | 5.00 | 0.50 | 100 | 15 | 2 | 2 |
| 0 | 100 | 4.50 | 16 | 55 | 210 | 3.75 | — | 0.38 | — | 0.43 | 5.00 | 0.50 | 100 | 6 | 2 | — |
| 0 | 0 | 5.99 | 4 | 27 | 200 | 0.21 | 200 | 0.50 | — | 0.57 | 6.65 | 0.67 | 133 | 8 | 2 | 2 |
| 0 | 133 | 11.97 | — | 33 | 266 | 3.99 | — | 0.50 | — | 0.57 | 6.65 | 0.67 | 266 | 8 | 2 | — |
| 0 | 0 | 15.30 | 60 | 170 | 5 | 1.50 | 0 | 0.38 | — | 0.43 | 5.00 | 0.50 | 100 | 0 | 2 | 2 |
| 0 | 133 | 10.77 | 0 | 47 | 266 | 9.98 | — | 1.00 | — | 1.13 | 13.30 | 1.33 | 532 | 8 | 4 | — |
| 0 | 48 | 2.59 | 107 | 328 | 13 | 2.5 | 2 | 0.44 | 3.59 | 0.17 | 1.29 | 0.18 | 51 | 1 | 0 | 16.95 |
| 1 | 61 | 1.21 | 51 | 225 | 20 | 1.04 | 1 | 0.12 | — | 0.11 | 0.81 | 0.07 | 17 | <1 | 0.1 | 8.3 |
| 1 | 59 | 1.24 | 49 | 250 | 19 | 0.99 | <1 | 0.12 | — | 0.11 | 0.8 | 0.07 | 16 | <1 | 0.1 | 8.82 |
| 0 | 0 | 3.59 | 21 | 67 | 253 | 0.40 | — | 0.50 | — | 0.57 | 6.65 | 0.67 | 133 | 0 | 2 | — |
| 0 | 100 | 4.50 | 24 | 95 | 270 | 3.75 | — | 0.38 | — | 0.43 | 5.00 | 0.50 | 200 | 6 | 2 | 7 |
| 0 | 0 | 2.03 | 6 | 26 | 165 | 1.13 | — | 0.28 | — | 0.32 | 3.74 | 0.37 | 75 | 0 | 1 | — |
| 0 | 0 | 0.72 | — | 35 | 0 | — | 0 | 0.03 | — | 0.03 | 0.80 | 0.00 | — | 0 | — | — |
| 0 | 113 | 6.08 | 6 | 26 | 203 | 2.81 | 113 | 0.28 | — | 0.32 | 3.75 | 0.38 | 150 | 5 | 1 | 5 |
| 0 | 124 | 11.92 | 41 | 121 | 218 | 5.32 | 1 | 0.53 | — | 0.60 | 7.10 | 0.70 | 142 | 0 | 0 | 11 |
| 0 | 100 | 4.50 | 16 | 60 | 210 | 3.75 | — | 0.38 | — | 0.43 | 5.00 | 0.50 | 200 | 6 | 2 | 6 |

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**TABLE H–1**

**Food Composition** (DA+ code is for Wadsworth Diet Analysis program) (For purposes of calculations, use "0" for t, <1, <.1, <.01, etc.)

| DA + Code | Food Description | Quantity | Measure | Wt (g) | $H_2O$ (g) | Ener (kcal) | Prot (g) | Carb (g) | Fiber (g) | Fat (g) | Fat Breakdown (g) Sat | Mono | Poly | *Trans* |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **CEREAL, FLOUR, GRAIN, PASTA, NOODLES, POPCORN**—Continued | | | | | | | | | | | | | |
| 1201 | Multi-Bran Chex | 1 | cup(s) | 58 | 1 | 200 | 4 | 49 | 7 | 2 | 0.00 | 0.00 | 0.00 | 0 |
| 38220 | Multi Grain Cheerios | 1 | cup(s) | 30 | — | 110 | 3 | 24 | 3 | 1 | 0.00 | 0.00 | 0.00 | — |
| 1238 | Nutri-Grain golden wheat | 1 | cup(s) | 40 | — | 133 | 4 | 31 | 5 | 1 | 0.00 | 0.00 | 0.67 | — |
| 1241 | Product 19 | 1 | cup(s) | 30 | 1 | 100 | 2 | 25 | 1 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 32432 | Puffed rice, fortified | 1 | cup(s) | 14 | <1 | 56 | 1 | 13 | <1 | <.1 | 0.02 | — | — | — |
| 32433 | Puffed wheat, fortified | 1 | cup(s) | 12 | 0 | 43.68 | 1.76 | 9.55 | 0.52 | 0.14 | 0.02 | — | — | — |
| 2420 | Raisin Bran | 1 | cup(s) | 59 | 5 | 190 | 4 | 47 | 8 | 1 | 0.00 | 0.10 | 0.36 | — |
| 1244 | Rice Chex | 1 | cup(s) | 25 | 1 | 96 | 2 | 22 | <1 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 1245 | Rice Krispies | 1 | cup(s) | 26 | 1 | 96 | 2 | 23 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 5593 | Shredded Wheat | 1 | cup(s) | 25 | 1 | 88 | 3 | 20 | 3 | 1 | 0.04 | 0.01 | 0.10 | — |
| 1248 | Smacks | 1 | cup(s) | 36 | 1 | 133 | 3 | 32 | 1 | 1 | 0.00 | 0.00 | 0.00 | — |
| 1246 | Special K | 1 | cup(s) | 31 | 1 | 110 | 7 | 22 | 1 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 3428 | Total, corn flakes | 1 | cup(s) | 23 | 1 | 83 | 2 | 18 | 1 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 1253 | Total whole grain | 1 | cup(s) | 40 | 1 | 146 | 3 | 31 | 4 | 1 | 0.00 | 0.00 | 0.00 | — |
| 1254 | Trix | 1 | cup(s) | 30 | 1 | 120 | 1 | 27 | 1 | 1 | 0.00 | 0.00 | 0.00 | — |
| 382 | Wheat germ, toasted | 2 | tablespoon(s) | 14 | 0 | 53.95 | 4.11 | 7 | 2.13 | 1.51 | 0.25 | 0.21 | 0.93 | — |
| 1257 | Wheaties | 1 | cup(s) | 30 | 1 | 110 | 3 | 24 | 3 | 1 | 0.00 | 0.00 | 0.00 | — |
| | **Pasta, noodles** | | | | | | | | | | | | | |
| 449 | Chinese chow mein noodles, cooked | ½ | cup(s) | 23 | <1 | 119 | 2 | 13 | 1 | 7 | 0.99 | 1.73 | 3.90 | — |
| 1995 | Corn pasta, cooked | ½ | cup(s) | 70 | 48 | 88 | 2 | 20 | 3 | 1 | 0.07 | 0.13 | 0.23 | — |
| 448 | Egg noodles, enriched, cooked | ½ | cup(s) | 80 | 55 | 106 | 4 | 20 | 1 | 1 | 0.25 | 0.34 | 0.33 | 0.02 |
| 440 | Macaroni, enriched, cooked | ½ | cup(s) | 70 | 46 | 99 | 3 | 20 | 1 | <1 | 0.07 | 0.06 | 0.19 | — |
| 1996 | Pasta, plain, fresh-refrigerated, cooked | ½ | cup(s) | 64 | 44 | 84 | 3 | 16 | 0 | 1 | 0.10 | 0.08 | 0.27 | — |
| 1725 | Ramen noodles, cooked | ½ | cup(s) | 114 | 95 | 104 | 3 | 15 | 1 | 4 | 0.19 | 0.22 | 0.21 | — |
| 2878 | Soba noodles, cooked | ½ | cup(s) | 95 | 69 | 94 | 5 | 20 | 0 | <.1 | 0.02 | 0.02 | 0.03 | — |
| 2879 | Somen noodles, cooked | ½ | cup(s) | 88 | 60 | 115 | 4 | 24 | 0 | <1 | 0.02 | 0.02 | 0.06 | — |
| 493 | Spaghetti, al dente, cooked | ½ | cup(s) | 65 | 42 | 95 | 4 | 20 | 1 | 1 | 0.05 | 0.05 | 0.15 | — |
| 2884 | Spaghetti, whole wheat, cooked | ½ | cup(s) | 70 | 47 | 87 | 4 | 19 | 3 | <1 | 0.07 | 0.05 | 0.15 | — |
| 1563 | Spinach egg noodles, enriched, cooked | ½ | cup(s) | 80 | 55 | 105 | 4 | 19 | 2 | 1 | 0.29 | 0.39 | 0.28 | — |
| 2000 | Tricolor vegetable macaroni, enriched, cooked | ½ | cup(s) | 67 | 46 | 86 | 3 | 18 | 3 | <.1 | 0.01 | 0.01 | 0.03 | — |
| | **Popcorn** | | | | | | | | | | | | | |
| 476 | Air popped | 1 | cup(s) | 8 | <1 | 31 | 1 | 6 | 1 | <1 | 0.05 | 0.09 | 0.15 | — |
| 4619 | Caramel | 1 | cup(s) | 35 | 1 | 152 | 1 | 28 | 2 | 5 | 1.27 | 1.01 | 1.58 | — |
| 4620 | Cheese flavored | 1 | cup(s) | 37 | 1 | 196 | 3 | 19 | 4 | 12 | 2.38 | 3.61 | 5.72 | — |
| 477 | Popped in oil | 1 | cup(s) | 33 | 1 | 165 | 3 | 19 | 3 | 9 | 1.61 | 2.70 | 4.43 | — |
| | **FRUIT AND FRUIT JUICES** | | | | | | | | | | | | | |
| | **Apples** | | | | | | | | | | | | | |
| 223 | Raw medium, w/peel | 1 | item(s) | 138 | 118 | 72 | <1 | 19 | 3 | <1 | 0.04 | 0.01 | 0.07 | — |
| 224 | Slices | ½ | cup(s) | 55 | 47 | 29 | <1 | 8 | 1 | <.1 | 0.02 | 0.00 | 0.03 | — |
| 946 | Slices w/o skin, boiled | ½ | cup(s) | 85 | 73 | 45 | <1 | 12 | 2 | <1 | 0.05 | 0.01 | 0.09 | — |
| 948 | Dried, sulfured | ½ | cup(s) | 22 | 7 | 52 | <1 | 14 | 2 | <.1 | 0.01 | 0.00 | 0.02 | — |
| 952 | Juice, from frozen concentrate | ½ | cup(s) | 120 | 105 | 56 | <1 | 14 | <1 | <1 | 0.02 | 0.00 | 0.04 | — |
| 225 | Juice, unsweetened, canned | ½ | cup(s) | 124 | 109 | 58 | <.1 | 14 | <1 | <1 | 0.02 | 0.01 | 0.04 | — |
| 226 | Applesauce, sweetened, canned | ½ | cup(s) | 128 | 101 | 97 | <1 | 25 | 2 | <1 | 0.04 | 0.01 | 0.07 | — |
| 227 | Applesauce, unsweetened, canned | ½ | cup(s) | 122 | 108 | 52 | <1 | 14 | 1 | <.1 | 0.01 | 0.00 | 0.02 | — |
| 38492 | Crabapples | 1 | item(s) | 35 | 28 | 27 | <1 | 7 | 1 | <1 | 0.02 | 0.00 | 0.03 | — |
| | **Apricot** | | | | | | | | | | | | | |
| 228 | Fresh w/o pits | 4 | item(s) | 140 | 121 | 67 | 2 | 16 | 3 | 1 | 0.04 | 0.24 | 0.11 | — |
| 230 | Halves, dried, sulfured | ¼ | cup(s) | 33 | 10 | 79 | 1 | 21 | 2 | <1 | 0.01 | 0.02 | 0.02 | — |
| 229 | Halves w/skin, canned in heavy syrup | ½ | cup(s) | 129 | 100 | 107 | 1 | 28 | 2 | <1 | 0.01 | 0.04 | 0.02 | — |
| | **Avocado** | | | | | | | | | | | | | |
| 233 | California, whole, w/o skin or pit | 1 | item(s) | 170 | <1 | 284 | 3 | 15 | 12 | 26 | 3.59 | 16.61 | 3.42 | — |
| 234 | Florida, whole, w/o skin or pit | 1 | item(s) | 304 | <1 | 365 | 7 | 24 | 17 | 31 | 5.90 | 16.70 | 5.00 | — |
| 2998 | Pureed | ⅛ | cup(s) | 29 | 21 | 46 | 1 | 2 | 2 | 4 | 0.61 | 2.82 | 0.52 | — |
| | **Banana** | | | | | | | | | | | | | |
| 235 | Fresh whole, w/o peel | 1 | item(s) | 118 | 88 | 105 | 1 | 27 | 3 | <1 | 0.13 | 0.04 | 0.09 | — |
| 4580 | Dried chips | ¼ | cup(s) | 55 | 2 | 287 | 1 | 32 | 4 | 19 | 16.00 | 1.08 | 0.35 | — |
| | **Blackberries** | | | | | | | | | | | | | |
| 237 | Raw | ½ | cup(s) | 72 | 63 | 31 | 1 | 7 | 4 | <1 | 0.01 | 0.03 | 0.20 | — |
| 958 | Unsweetened, frozen | ½ | cup(s) | 76 | 62 | 48 | 1 | 12 | 4 | <1 | 0.01 | 0.03 | 0.18 | — |
| | **Blueberries** | | | | | | | | | | | | | |
| 238 | Raw | ½ | cup(s) | 72 | 61 | 41 | 1 | 10 | 2 | <1 | 0.02 | 0.03 | 0.11 | — |
| 959 | Canned in heavy syrup | ½ | cup(s) | 128 | 98 | 113 | 1 | 28 | 2 | <1 | 0.03 | 0.06 | 0.18 | — |
| 960 | Unsweetened, frozen | ½ | cup(s) | 78 | 67 | 40 | 1 | 10 | 2 | 1 | 0.04 | 0.07 | 0.22 | — |

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**PAGE KEY:** H–2 = Breads/Baked Goods H–6 = Cereal/Rice/Pasta H–10 = Fruit H–14 = Vegetables/Legumes H–24 = Nuts/Seeds H–26 = Vegetarian H–28 = Dairy H–34 = Eggs H–34 = Seafood H–36 = Meats H–40 = Poultry H–40 = Processed meats H–42 = Beverages H–46 = Fats/Oils H–48 = Sweets H–50 = Spices/Condiments/Sauces H–52 = Mixed foods/Soups/Sandwiches H–58 = Fast food H–74 = Convenience meals H–76 = Baby foods

| Chol (mg) | Calc (mg) | Iron (mg) | Magn (mg) | Pota (mg) | Sodi (mg) | Zinc (mg) | Vit A (µg) | Thia (mg) | Vit E (mg α) | Ribo (mg) | Niac (mg) | Vit $B_6$ (mg) | Fola (µg) | Vit C (mg) | Vit $B_{12}$ (µg) | Sele (µg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 0 | 100 | 16.20 | 60 | 220 | 390 | 3.75 | 158 | 0.38 | — | 0.03 | 5.00 | 0.50 | 100 | 6 | 2 | 5 |
| 0 | 100 | 18.00 | 24 | 85 | 200 | 15.00 | — | 1.50 | — | 1.70 | 20.00 | 2.00 | 400 | 15 | 6 | — |
| 0 | 0 | 1.46 | 32 | 146 | 279 | 4.99 | 0 | 0.50 | — | 0.57 | 6.65 | 0.67 | 133 | 20 | 2 | 9 |
| 0 | 0 | 18.00 | 16 | 50 | 210 | 15.00 | 225 | 1.50 | — | 1.70 | 20.00 | 2.00 | 400 | 60 | 6 | 4 |
| 0 | 1 | 4.44 | 4 | 16 | <1 | 0.14 | 0 | 0.36 | — | 0.25 | 4.94 | 0.01 | 3 | 0 | 0 | 1 |
| 0 | 3.35 | 3.8 | 17.39 | 41.75 | 0.47 | 0.28 | 0 | 0.31 | — | 0.21 | 4.23 | 0.02 | 3.83 | 0 | 0 | 14.77 |
| 0 | 20 | 10.80 | 80 | 340 | 300 | 2.25 | — | 0.53 | — | 0.60 | 7.00 | 0.70 | 140 | 0 | 2 | — |
| 0 | 80 | 7.20 | 7 | 28 | 232 | 3.00 | — | 0.30 | — | 0.34 | 4.00 | 0.40 | 160 | 5 | 1 | 1 |
| 0 | 0 | 1.44 | 13 | 32 | 256 | 0.48 | 120 | 0.30 | — | 0.34 | 4.80 | 0.40 | 80 | 5 | 1 | 4 |
| 0 | 10 | 1.08 | 31 | 92 | 2 | 0.70 | 0 | 0.07 | — | 0.06 | 1.77 | 0.10 | 12 | 0 | 0 | 1 |
| 0 | 0 | 0.48 | 11 | 53 | 67 | 0.40 | 200 | 0.50 | — | 0.57 | 6.65 | 0.67 | 133 | 8 | 2 | 17 |
| 0 | 0 | 8.70 | 16 | 60 | 220 | 0.90 | 225 | 0.53 | — | 0.60 | 7.00 | 2.00 | 400 | 15 | 6 | 7 |
| 0 | 750 | 13.50 | 0 | 23 | 158 | 11.25 | 113 | 1.13 | 22.50 | 1.28 | 15.00 | 1.50 | 300 | 45 | 5 | 1 |
| 0 | 1330 | 23.94 | 32 | 120 | 253 | 19.95 | 200 | 2.00 | 31.24 | 2.26 | 26.60 | 2.66 | 532 | 80 | 8 | 2 |
| 0 | 100 | 4.50 | 0 | 15 | 190 | 3.75 | 150 | 0.38 | — | 0.43 | 5.00 | 0.50 | 100 | 6 | 2 | 6 |
| 0 | 6.35 | 1.28 | 45.2 | 133.76 | 0.56 | 2.35 | 0 | 0.23 | — | 0.11 | 0.78 | 0.13 | 49.72 | 0.84 | 0 | 9.18 |
| 0 | 0 | 8.10 | 32 | 110 | 220 | 7.50 | 150 | 0.75 | 2.26 | 0.85 | 10.00 | 1.00 | 200 | 6 | 3 | 1 |
| | | | | | | | | | | | | | | | | |
| 0 | 5 | 1.06 | 12 | 27 | 99 | 0.32 | 0 | 0.13 | — | 0.09 | 1.34 | 0.02 | 20 | 0 | 0 | 10 |
| 0 | 1 | 0.18 | 25 | 22 | 0 | 0.44 | 2 | 0.04 | 0.78 | 0.02 | 0.39 | 0.04 | 4 | 0 | 0 | 2 |
| 26 | 10 | 1.27 | 15 | 22 | 6 | 0.49 | 5 | 0.15 | 0.14 | 0.07 | 1.19 | 0.03 | 51 | 0 | <.1 | 17 |
| 0 | 5 | 0.98 | 13 | 22 | 1 | 0.37 | 0 | 0.14 | 0.04 | 0.07 | 1.17 | 0.02 | 54 | 0 | 0 | 15 |
| 21 | 4 | 0.73 | 12 | 15 | 4 | 0.36 | 4 | 0.13 | — | 0.10 | 0.63 | 0.02 | 41 | 0 | <.1 | — |
| 18 | 9 | 0.89 | 9 | 34 | 415 | 0.31 | — | 0.08 | — | 0.05 | 0.71 | 0.03 | 4 | <.1 | <.1 | — |
| 0 | 4 | 0.45 | 9 | 33 | 57 | 0.11 | 0 | 0.09 | — | 0.02 | 0.48 | 0.04 | 7 | 0 | 0 | — |
| 0 | 7 | 0.46 | 2 | 25 | 141 | 0.19 | 0 | 0.02 | — | 0.03 | 0.09 | 0.01 | 2 | 0 | 0 | — |
| 0 | 7 | 1.00 | 12 | 52 | 1 | 0.35 | 0 | 0.12 | 0.04 | 0.07 | 0.90 | 0.04 | 8 | 0 | 0 | 40 |
| 0 | 11 | 0.74 | 21 | 31 | 2 | 0.57 | 0 | 0.08 | 0.21 | 0.03 | 0.49 | 0.06 | 4 | 0 | 0 | 18 |
| 26 | 15 | 0.87 | 19 | 30 | 10 | 0.50 | 4 | 0.20 | 0.46 | 0.10 | 1.18 | 0.09 | 51 | 0 | <1 | 17 |
| | | | | | | | | | | | | | | | | |
| 0 | 7 | 0.33 | 13 | 21 | 4 | 0.29 | 3 | 0.08 | 0.06 | 0.04 | 0.72 | 0.02 | 44 | 0 | 0 | 13 |
| | | | | | | | | | | | | | | | | |
| 0 | 1 | 0.22 | 11 | 24 | <1 | 0.28 | 1 | 0.02 | 0.02 | 0.02 | 0.16 | 0.02 | 2 | 0 | 0 | 1 |
| 2 | 15 | 0.61 | 12 | 38 | 73 | 0.20 | 1 | 0.02 | 0.42 | 0.02 | 0.77 | 0.01 | 2 | 0 | <.1 | 1 |
| 4 | 42 | 0.83 | 34 | 97 | 331 | 0.75 | 14 | 0.05 | — | 0.09 | 0.54 | 0.09 | 4 | <1 | <1 | 4 |
| 0 | 3 | 0.92 | 36 | 74 | 292 | 0.87 | 3 | 0.04 | — | 0.04 | 0.51 | 0.07 | 6 | <.1 | 0 | 2 |
| | | | | | | | | | | | | | | | | |
| 0 | 8 | 0.17 | 7 | 148 | 1 | 0.06 | 4 | 0.02 | — | 0.04 | 0.13 | 0.06 | 4 | 6 | 0 | 0 |
| 0 | 3 | 0.07 | 3 | 59 | 1 | 0.02 | 2 | 0.01 | — | 0.01 | 0.05 | 0.02 | 2 | 3 | 0 | 0 |
| 0 | 4 | 0.16 | 3 | 75 | 1 | 0.03 | 2 | 0.01 | 0.04 | 0.01 | 0.08 | 0.04 | 1 | <1 | 0 | <1 |
| 0 | 3 | 0.30 | 3 | 97 | 19 | 0.04 | 0 | 0.00 | 0.11 | 0.03 | 0.20 | 0.03 | 0 | 1 | 0 | <1 |
| 0 | 7 | 0.31 | 6 | 151 | 8 | 0.05 | 0 | 0.00 | 0.01 | 0.02 | 0.05 | 0.04 | 0 | 1 | 0 | <1 |
| 0 | 9 | 0.46 | 4 | 148 | 4 | 0.04 | 0 | 0.03 | 0.01 | 0.02 | 0.12 | 0.04 | 0 | 1 | 0 | <1 |
| 0 | 5 | 0.45 | 4 | 78 | 4 | 0.05 | 1 | 0.02 | 0.27 | 0.04 | 0.24 | 0.03 | 1 | 2 | 0 | <1 |
| 0 | 4 | 0.15 | 4 | 92 | 2 | 0.04 | 1 | 0.02 | 0.26 | 0.03 | 0.23 | 0.03 | 1 | 1 | 0 | <1 |
| 0 | 6 | 0.13 | 2 | 68 | <1 | — | 0 | 0.01 | — | 0.01 | 0.04 | — | 2 | 3 | 0 | — |
| | | | | | | | | | | | | | | | | |
| 0 | 18 | 0.55 | 14 | 363 | 1 | 0.28 | 134 | 0.04 | 1.25 | 0.06 | 0.84 | 0.08 | 13 | 14 | 0 | <1 |
| 0 | 18 | 0.88 | 11 | 383 | 3 | 0.13 | 59 | 0.00 | 1.43 | 0.02 | 0.85 | 0.05 | 3 | <1 | 0 | 1 |
| 0 | 12 | 0.39 | 9 | 181 | 5 | 0.14 | 80 | 0.03 | 0.77 | 0.03 | 0.49 | 0.07 | 3 | 4 | 0 | <1 |
| | | | | | | | | | | | | | | | | |
| 0 | 22 | 1.00 | 49 | 861 | 14 | 1.12 | 104 | 0.12 | 3.35 | 0.24 | 3.24 | 0.47 | 105 | 15 | 0 | 1 |
| 0 | 30 | 0.50 | 73 | 1067 | 6 | 1.20 | 185 | 0.00 | 0.09 | 0.10 | 2.00 | 0.20 | 106 | 53 | 0 | 0 |
| 0 | 3 | 0.16 | 8 | 139 | 2 | 0.18 | 2 | 0.02 | 0.60 | 0.04 | 0.50 | 0.07 | 17 | 3 | 0 | <1 |
| | | | | | | | | | | | | | | | | |
| 0 | 6 | 0.31 | 32 | 422 | 1 | 0.18 | 4 | 0.04 | 0.12 | 0.09 | 0.78 | 0.43 | 24 | 10 | 0 | 1 |
| 0 | 10 | 0.69 | 42 | 296 | 3 | 0.41 | 2 | 0.05 | 0.13 | 0.01 | 0.39 | 0.14 | 8 | 3 | 0 | 1 |
| | | | | | | | | | | | | | | | | |
| 0 | 21 | 0.45 | 14 | 117 | 1 | 0.38 | 8 | 0.01 | 0.84 | 0.02 | 0.47 | 0.02 | 18 | 15 | 0 | <1 |
| 0 | 22 | 0.60 | 17 | 106 | 1 | 0.19 | 5 | 0.02 | 0.88 | 0.03 | 0.91 | 0.05 | 26 | 2 | 0 | <1 |
| | | | | | | | | | | | | | | | | |
| 0 | 4 | 0.20 | 4 | 55 | 1 | 0.12 | 2 | 0.03 | 0.41 | 0.03 | 0.30 | 0.04 | 4 | 7 | 0 | <.1 |
| 0 | 6 | 0.42 | 5 | 51 | 4 | 0.09 | 3 | 0.04 | 0.49 | 0.07 | 0.14 | 0.05 | 3 | 1 | 0 | <1 |
| 0 | 6 | 0.14 | 4 | 42 | 1 | 0.06 | 2 | 0.03 | 0.37 | 0.03 | 0.41 | 0.05 | 6 | 2 | 0 | 0 |

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**TABLE H–1**

**Food Composition** (DA+ code is for Wadsworth Diet Analysis program) (For purposes of calculations, use "0" for t, <1, <.1, <.01, etc.)

| DA + Code | Food Description | Quantity | Measure | Wt (g) | $H_2O$ (g) | Ener (kcal) | Prot (g) | Carb (g) | Fiber (g) | Fat (g) | Fat Breakdown (g) Sat | Mono | Poly | *Trans* |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **FRUIT AND FRUIT JUICES**—Continued | | | | | | | | | | | | | |
| | **Boysenberries** | | | | | | | | | | | | | |
| 961 | Canned in heavy syrup | ½ | cup(s) | 128 | 98 | 113 | 1 | 29 | 3 | <1 | 0.01 | 0.02 | 0.09 | — |
| 962 | Unsweetened, frozen | ½ | cup(s) | 66 | 57 | 33 | 1 | 8 | 3 | <1 | 0.01 | 0.02 | 0.10 | — |
| 35576 | **Breadfruit** | 1 | item(s) | 384 | 271 | 396 | 4 | 104 | 17 | 1 | 0.00 | 0.00 | 0.00 | — |
| | **Cherries** | | | | | | | | | | | | | |
| 3000 | Sour red, raw | ½ | cup(s) | 78 | 67 | 39 | 1 | 9 | 1 | <1 | 0.05 | 0.06 | 0.07 | — |
| 967 | Sour red, canned in water | ½ | cup(s) | 122 | 110 | 44 | 1 | 11 | 1 | <1 | 0.03 | 0.03 | 0.04 | — |
| 240 | Sweet, raw | ½ | cup(s) | 73 | 60 | 46 | 1 | 12 | 2 | <1 | 0.03 | 0.03 | 0.04 | — |
| 3004 | Sweet, canned in heavy syrup | ½ | cup(s) | 127 | 98 | 105 | 1 | 27 | 2 | <1 | 0.04 | 0.05 | 0.06 | — |
| 969 | Sweet, canned in water | ½ | cup(s) | 124 | 108 | 57 | 1 | 15 | 2 | <1 | 0.03 | 0.04 | 0.05 | — |
| | **Cranberries** | | | | | | | | | | | | | |
| 3007 | Chopped, raw | ½ | cup(s) | 55 | 48 | 25 | <1 | 7 | 3 | <.1 | 0.01 | 0.01 | 0.03 | — |
| 1638 | Cranberry juice cocktail | ½ | cup(s) | 127 | 108 | 72 | 0 | 18 | <1 | <1 | 0.01 | 0.02 | 0.06 | — |
| 241 | Cranberry juice cocktail, low calorie, w/saccharin | ½ | cup(s) | 127 | 120 | 24 | <.1 | 6 | 0 | <.1 | 0.00 | 0.00 | 0.00 | — |
| 1717 | Cranberry apple juice drink | ½ | cup(s) | 123 | 100 | 87 | <.1 | 22 | <1 | <.1 | 0.00 | 0.00 | 0.00 | — |
| 242 | Cranberry sauce, sweetened, canned | ¼ | cup(s) | 69 | 42 | 105 | <1 | 27 | 1 | <1 | 0.01 | 0.01 | 0.05 | — |
| | **Dates** | | | | | | | | | | | | | |
| 244 | Domestic, chopped | ¼ | cup(s) | 44.5 | 0 | 126 | 1 | 33 | 4 | <1 | 0.01 | 0.01 | 0 | — |
| 243 | Domestic, whole | ¼ | cup(s) | 44.5 | 0 | 126 | 1 | 33 | 4 | <1 | 0.01 | 0.01 | 0 | — |
| | **Figs** | | | | | | | | | | | | | |
| 973 | Raw, medium | 2 | item(s) | 101 | 80 | 74 | 1 | 19 | 3 | <1 | 0.06 | 0.07 | 0.14 | — |
| 975 | Canned in heavy syrup | ½ | cup(s) | 130 | 99 | 114 | <1 | 30 | 3 | <1 | 0.03 | 0.03 | 0.06 | — |
| 974 | Canned in water | ½ | cup(s) | 124 | 106 | 66 | <1 | 17 | 3 | <1 | 0.02 | 0.03 | 0.06 | — |
| | **Fruit cocktail & salad** | | | | | | | | | | | | | |
| 245 | Fruit cocktail, canned in heavy syrup | ½ | cup(s) | 124 | 100 | 91 | <1 | 23 | 1 | <.1 | 0.01 | 0.02 | 0.04 | — |
| 978 | Fruit cocktail, canned in juice | ½ | cup(s) | 119 | 104 | 55 | 1 | 14 | 1 | <.1 | 0.00 | 0.00 | 0.00 | — |
| 977 | Fruit cocktail, canned in water | ½ | cup(s) | 119 | 108 | 38 | <1 | 10 | 1 | <.1 | 0.01 | 0.01 | 0.02 | — |
| 979 | Fruit salad, canned in water | ½ | cup(s) | 123 | 112 | 37 | <1 | 10 | 1 | <.1 | 0.01 | 0.02 | 0.03 | — |
| | **Gooseberries** | | | | | | | | | | | | | |
| 981 | Raw | ½ | cup(s) | 75 | 66 | 33 | 1 | 8 | 3 | <1 | 0.03 | 0.04 | 0.24 | — |
| 982 | Canned in light syrup | ½ | cup(s) | 126 | 101 | 92 | 1 | 24 | 3 | <1 | 0.02 | 0.02 | 0.14 | — |
| | **Grapefruit** | | | | | | | | | | | | | |
| 3022 | Raw, pink or red | ½ | cup(s) | 115 | <.1 | 48 | 1 | 12 | 2 | <1 | 0.02 | 0.02 | 0.04 | — |
| 247 | Raw, white | ½ | item(s) | 118 | 107 | 39 | 1 | 10 | 1 | <1 | 0.02 | 0.02 | 0.03 | — |
| 251 | Juice, pink, sweetened, canned | ½ | cup(s) | 125 | 109 | 58 | 1 | 14 | <1 | <1 | 0.02 | 0.02 | 0.03 | — |
| 249 | Juice, white | ½ | cup(s) | 124 | 111 | 48 | 1 | 11 | <1 | <1 | 0.02 | 0.02 | 0.03 | — |
| 248 | Sections, canned in light syrup | ½ | cup(s) | 127 | 106 | 76 | 1 | 20 | 1 | <1 | 0.02 | 0.02 | 0.03 | — |
| 983 | Sections, canned in water | ½ | cup(s) | 122 | <.1 | 44 | 1 | 11 | <1 | <1 | 0.02 | 0.02 | 0.03 | — |
| | **Grapes** | | | | | | | | | | | | | |
| 255 | American, slip skin | ½ | cup(s) | 46 | 37 | 31 | <1 | 8 | <1 | <1 | 0.05 | 0.01 | 0.05 | — |
| 256 | European, red or green, adherent skin | ½ | cup(s) | 80 | <.1 | 55 | 1 | 14 | 1 | <1 | 0.04 | 0.01 | 0.04 | — |
| 259 | Juice, sweetened, added vitamin C, from frozen concentrate | ½ | cup(s) | 125 | 109 | 64 | <1 | 16 | <1 | <1 | 0.04 | 0.01 | 0.03 | — |
| 3159 | Juice drink, canned | ½ | cup(s) | 125 | 109 | 63 | <1 | 16 | 0 | 0 | 0.00 | 0.00 | 0.00 | — |
| 3060 | Raisins, seeded, packed | ¼ | cup(s) | 41 | 7 | 122 | 1 | 32 | 3 | <1 | 0.07 | 0.01 | 0.07 | — |
| 987 | **Guava, raw** | 1 | item(s) | 90 | 77 | 46 | 1 | 11 | 5 | 1 | 0.15 | 0.05 | 0.23 | — |
| 35593 | **Guava, strawberry** | 1 | item(s) | 6 | 5 | 4 | <.1 | 1 | <1 | <.1 | 0.01 | 0.00 | 0.02 | — |
| 3027 | **Jackfruit** | ½ | cup(s) | 83 | 61 | 78 | 1 | 20 | 1 | <1 | 0.05 | 0.04 | 0.07 | — |
| 8458 | **Kiwi fruit** | 1 | item(s) | 77 | 63 | 53 | 1 | 11 | 3 | 1 | 0.02 | 0.03 | 0.19 | — |
| | **Lemon** | | | | | | | | | | | | | |
| 992 | Raw | 1 | item(s) | 108 | 94 | 22 | 1 | 12 | 5 | <1 | 0.04 | 0.01 | 0.10 | — |
| 262 | Juice | 1 | tablespoon(s) | 15 | 14 | 4 | <.1 | 1 | <.1 | 0 | 0.00 | 0.00 | 0.00 | — |
| 993 | Peel | 1 | teaspoon(s) | 2 | 2 | 1 | <.1 | <1 | <1 | <.1 | 0.00 | 0.00 | 0.00 | — |
| | **Lime** | | | | | | | | | | | | | |
| 994 | Raw | 1 | item(s) | 67 | 61 | 15 | <1 | 6 | 2 | <.1 | 0.01 | 0.01 | 0.02 | — |
| 269 | Juice | 1 | tablespoon(s) | 15 | 14 | 4 | <.1 | 1 | <.1 | <.1 | 0.00 | 0.00 | 0.00 | — |
| 995 | **Loganberries, frozen** | ½ | cup(s) | 74 | 62 | 40 | 1 | 10 | 4 | <1 | 0.01 | 0.02 | 0.13 | — |
| | **Mandarin orange** | | | | | | | | | | | | | |
| 1038 | Canned in juice | ½ | cup(s) | 125 | 111 | 46 | 1 | 12 | 1 | <.1 | 0.00 | 0.01 | 0.01 | — |
| 1039 | Canned in light syrup | ½ | cup(s) | 126 | 105 | 77 | 1 | 20 | 1 | <1 | 0.02 | 0.02 | 0.03 | — |
| 999 | **Mango** | ½ | item(s) | 104 | 85 | 67 | 1 | 18 | 2 | <1 | 0.07 | 0.10 | 0.05 | — |
| 1005 | **Nectarine, raw, sliced** | ½ | cup(s) | 69 | 60 | 30 | 1 | 7 | 1 | <1 | 0.02 | 0.06 | 0.08 | — |
| | **Melons** | | | | | | | | | | | | | |
| 271 | Cantaloupe | ½ | cup(s) | 80 | 72 | 27 | 1 | 7 | 1 | <1 | 0.04 | 0.00 | 0.07 | — |
| 1000 | Casaba melon | ½ | cup(s) | 85 | 78 | 24 | 1 | 6 | 1 | <.1 | 0.02 | 0.00 | 0.03 | — |

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**PAGE KEY:** H–2 = Breads/Baked Goods H–6 = Cereal/Rice/Pasta H–10 = Fruit H–14 = Vegetables/Legumes H–24 = Nuts/Seeds H–26 = Vegetarian H–28 = Dairy H–34 = Eggs H–34 = Seafood H–36 = Meats H–40 = Poultry H–40 = Processed meats H–42 = Beverages H–46 = Fats/Oils H–48 = Sweets H–50 = Spices/Condiments/Sauces H–52 = Mixed foods/Soups/Sandwiches H–58 = Fast food H–74 = Convenience meals H–76 = Baby foods

| Chol (mg) | Calc (mg) | Iron (mg) | Magn (mg) | Pota (mg) | Sodi (mg) | Zinc (mg) | Vit A (µg) | Thia (mg) | Vit E (mg α) | Ribo (mg) | Niac (mg) | Vit $B_6$ (mg) | Fola (µg) | Vit C (mg) | Vit $B_{12}$ (µg) | Sele (µg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 0 | 23 | 0.55 | 14 | 115 | 4 | 0.24 | 3 | 0.03 | — | 0.04 | 0.29 | 0.05 | 44 | 8 | 0 | 1 |
| 0 | 18 | 0.56 | 11 | 92 | 1 | 0.15 | 2 | 0.03 | 0.57 | 0.02 | 0.51 | 0.04 | 42 | 2 | 0 | <1 |
| 0 | 65 | 2.07 | 96 | 1882 | 8 | 0.46 | 8 | 0.42 | — | 0.12 | 3.46 | 0.00 | 54 | 111 | 0 | 2 |
| 0 | 12 | 0.25 | 7 | 134 | 2 | 0.08 | 50 | 0.02 | 0.05 | 0.03 | 0.31 | 0.03 | 6 | 8 | 0 | 0 |
| 0 | 13 | 1.67 | 7 | 120 | 9 | 0.09 | 46 | 0.02 | 0.28 | 0.05 | 0.22 | 0.05 | 10 | 3 | 0 | 0 |
| 0 | 9 | 0.26 | 8 | 161 | 0 | 0.05 | 2 | 0.02 | 0.05 | 0.02 | 0.11 | 0.04 | 3 | 5 | 0 | 0 |
| 0 | 11 | 0.44 | 11 | 183 | 4 | 0.13 | 10 | 0.03 | 0.29 | 0.05 | 0.50 | 0.04 | 5 | 5 | 0 | 0 |
| 0 | 14 | 0.45 | 11 | 162 | 1 | 0.10 | 10 | 0.03 | 0.29 | 0.05 | 0.51 | 0.04 | 5 | 3 | 0 | 0 |
| 0 | 4 | 0.14 | 3 | 47 | 1 | 0.06 | 2 | 0.01 | 0.66 | 0.01 | 0.06 | 0.03 | 1 | 7 | 0 | <.1 |
| 0 | 4 | 0.19 | 3 | 23 | 3 | 0.09 | 0 | 0.01 | 0.28 | 0.01 | 0.04 | 0.02 | 0 | 45 | 0 | 0 |
| 0 | 11 | 0.05 | 3 | 32 | 4 | 0.03 | 0 | 0.00 | 0.06 | 0.00 | 0.01 | 0.00 | 0 | 41 | 0 | 0 |
| 0 | 6 | 0.15 | 2 | 34 | 9 | 0.22 | 0 | 0.01 | 0.15 | 0.02 | 0.07 | 0.03 | 0 | 39 | 0 | 0 |
| 0 | 3 | 0.15 | 2 | 18 | 20 | 0.03 | 1 | 0.01 | 0.57 | 0.01 | 0.07 | 0.01 | 1 | 1 | 0 | <1 |
| 0 | 17 | 0.45 | 19 | 292 | 1 | 0.12 | 1 | 0.02 | 0.02 | 0.02 | 0.56 | 0.07 | 9 | <1 | 0 | 1 |
| 0 | 17 | 0.45 | 19 | 292 | 1 | 0.12 | 1 | 0.02 | 0.02 | 0.02 | 0.56 | 0.07 | 9 | <1 | 0 | 1 |
| 0 | 35 | 0.37 | 17 | 233 | 1 | 0.15 | 7 | 0.06 | 0.11 | 0.05 | 0.40 | 0.11 | 6 | 2 | 0 | <1 |
| 0 | 35 | 0.36 | 13 | 128 | 1 | 0.14 | 3 | 0.03 | 0.16 | 0.05 | 0.55 | 0.09 | 3 | 1 | 0 | <1 |
| 0 | 35 | 0.36 | 12 | 128 | 1 | 0.15 | 2 | 0.03 | 0.10 | 0.05 | 0.55 | 0.09 | 2 | 1 | 0 | <1 |
| 0 | 7 | 0.36 | 6 | 109 | 7 | 0.10 | 12 | 0.02 | 0.50 | 0.02 | 0.46 | 0.06 | 4 | 2 | 0 | 1 |
| 0 | 9 | 0.25 | 8 | 113 | 5 | 0.11 | 18 | 0.01 | 0.47 | 0.02 | 0.48 | 0.06 | 4 | 3 | 0 | 1 |
| 0 | 6 | 0.30 | 8 | 111 | 5 | 0.11 | 15 | 0.02 | 0.47 | 0.01 | 0.43 | 0.06 | 4 | 2 | 0 | 1 |
| 0 | 9 | 0.37 | 6 | 96 | 4 | 0.10 | 27 | 0.02 | — | 0.03 | 0.46 | 0.04 | 4 | 2 | 0 | 1 |
| 0 | 19 | 0.23 | 8 | 149 | 1 | 0.09 | 11 | 0.03 | 0.28 | 0.02 | 0.23 | 0.06 | 5 | 21 | 0 | <1 |
| 0 | 20 | 0.42 | 8 | 97 | 3 | 0.14 | 9 | 0.03 | — | 0.07 | 0.19 | 0.02 | 4 | 13 | 0 | 1 |
| 0 | 25 | 0.09 | 10 | 155 | 0 | 0.08 | 30 | 0.05 | 0.15 | 0.03 | 0.23 | 0.06 | 15 | 36 | 0 | <1 |
| 0 | 14 | 0.07 | 11 | 175 | 0 | 0.08 | 2 | 0.04 | 0.15 | 0.02 | 0.32 | 0.05 | 12 | 39 | 0 | 2 |
| 0 | 10 | 0.45 | 13 | 203 | 3 | 0.08 | 0 | 0.05 | 0.05 | 0.03 | 0.40 | 0.03 | 13 | 34 | 0 | <1 |
| 0 | 11 | 0.25 | 15 | 200 | 1 | 0.06 | 2 | 0.05 | 0.27 | 0.02 | 0.25 | 0.05 | 12 | 47 | 0 | <1 |
| 0 | 18 | 0.51 | 13 | 164 | 3 | 0.10 | 0 | 0.05 | 0.11 | 0.03 | 0.31 | 0.03 | 11 | 27 | 0 | 1 |
| 0 | 18 | 0.50 | 12 | 161 | 2 | 0.11 | 0 | 0.05 | 0.11 | 0.03 | 0.30 | 0.02 | 11 | 27 | 0 | 1 |
| 0 | 6 | 0.13 | 2 | 88 | 1 | 0.02 | 2 | 0.04 | 0.09 | 0.03 | 0.14 | 0.05 | 2 | 2 | 0 | <.1 |
| 0 | 8 | 0.29 | 6 | 153 | 2 | 0.06 | 6 | 0.06 | 0.15 | 0.06 | 0.15 | 0.07 | 2 | 9 | 0 | <.1 |
| 0 | 5 | 0.13 | 5 | 26 | 3 | 0.05 | 0 | 0.02 | 0.00 | 0.03 | 0.16 | 0.05 | 1 | 30 | 0 | <1 |
| 0 | 4 | 0.13 | 4 | 41 | 1 | 0.03 | 0 | 0.01 | 0.00 | 0.02 | 0.09 | 0.02 | 1 | 20 | 0 | <1 |
| 0 | 12 | 1.07 | 12 | 340 | 12 | 0.07 | 0 | 0.05 | — | 0.08 | 0.46 | 0.08 | 1 | 2 | 0 | <1 |
| 0 | 18 | 0.28 | 9 | 256 | 3 | 0.21 | 28 | 0.05 | 0.66 | 0.05 | 1.08 | 0.13 | 13 | 165 | 0 | 1 |
| 0 | 1 | 0.01 | 1 | 18 | 2 | — | — | 0.00 | — | 0.00 | 0.04 | 0.00 | — | 2 | 0 | — |
| 0 | 28 | 0.50 | 31 | 251 | 2 | 0.35 | 12 | 0.02 | — | 0.09 | 0.33 | 0.09 | 12 | 6 | 0 | <1 |
| 0 | 30 | 0.38 | 14 | 251 | 2 | 0.10 | 4 | — | — | 0.02 | 0.25 | 0.05 | <.1 | 74 | 0 | — |
| 0 | 66 | 0.76 | 13 | 157 | 3 | 0.11 | 2 | 0.05 | — | 0.04 | 0.22 | 0.12 | — | 83 | 0 | 1 |
| 0 | 1 | 0.00 | 1 | 19 | <1 | 0.01 | <1 | 0.00 | 0.02 | 0.00 | 0.02 | 0.01 | 2 | 7 | 0 | <.1 |
| 0 | 3 | 0.02 | <1 | 3 | <1 | 0.01 | <.1 | 0.00 | 0.00 | 0.00 | 0.01 | 0.00 | <1 | 3 | 0 | <.1 |
| 0 | 9 | 0.06 | 5 | 78 | 1 | 0.05 | 1 | 0.02 | 0.15 | 0.01 | 0.10 | 0.03 | 7 | 20 | 0 | <.1 |
| 0 | 1 | 0.00 | 1 | 17 | <1 | 0.01 | <1 | 0.00 | 0.03 | 0.00 | 0.02 | 0.01 | 1 | 5 | 0 | <.1 |
| 0 | 19 | 0.47 | 15 | 107 | 1 | 0.25 | 1 | 0.04 | 0.64 | 0.02 | 0.62 | 0.05 | 19 | 11 | 0 | <1 |
| 0 | 14 | 0.34 | 14 | 166 | 6 | 0.63 | 54 | 0.10 | 0.12 | 0.04 | 0.55 | 0.05 | 6 | 43 | 0 | <1 |
| 0 | 9 | 0.47 | 10 | 98 | 8 | 0.30 | 53 | 0.07 | 0.13 | 0.06 | 0.56 | 0.05 | 6 | 25 | 0 | 1 |
| 0 | 10 | 0.13 | 9 | 161 | 2 | 0.04 | 39 | 0.06 | 1.16 | 0.06 | 0.60 | 0.14 | 14 | 29 | 0 | 1 |
| 0 | 4 | 0.19 | 6 | 139 | 0 | 0.12 | 12 | 0.02 | 0.53 | 0.02 | 0.78 | 0.02 | 3 | 4 | 0 | 0 |
| 0 | 7 | 0.17 | 10 | 215 | 13 | 0.14 | 136 | 0.03 | 0.04 | 0.02 | 0.59 | 0.06 | 17 | 30 | 0 | <1 |
| 0 | 9 | 0.29 | 9 | 155 | 8 | 0.06 | 0 | 0.01 | 0.04 | 0.03 | 0.20 | 0.14 | 7 | 19 | 0 | <1 |

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**TABLE H–1**

**Food Composition** (DA+ code is for Wadsworth Diet Analysis program) (For purposes of calculations, use "0" for t, <1, <.1, <.01, etc.)

| DA + Code | Food Description | Quantity | Measure | Wt (g) | $H_2O$ (g) | Ener (kcal) | Prot (g) | Carb (g) | Fiber (g) | Fat (g) | Fat Breakdown (g) Sat | Mono | Poly | *Trans* |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **FRUIT AND FRUIT JUICES**—Continued | | | | | | | | | | | | | |
| 272 | Honeydew | ½ | cup(s) | 89 | 80 | 32 | <1 | 8 | 1 | <1 | 0.03 | 0.00 | 0.05 | — |
| 318 | Watermelon | ½ | cup(s) | 77 | 71 | 23 | <1 | 6 | <1 | <1 | 0.01 | 0.03 | 0.04 | — |
| | **Orange** | | | | | | | | | | | | | |
| 273 | Raw | 1 | item(s) | 131 | 114 | 62 | 1 | 15 | 3 | <1 | 0.02 | 0.03 | 0.03 | — |
| 3040 | Peel | 1 | teaspoon(s) | 2 | 1 | 2 | <.1 | 1 | <1 | <.1 | 0.00 | 0.00 | 0.00 | — |
| 274 | Sections | ½ | cup(s) | 90 | 78 | 43 | 1 | 11 | 2 | <1 | 0.01 | 0.02 | 0.02 | — |
| 275 | Juice | ½ | cup(s) | 124 | 109 | 56 | 1 | 13 | <1 | <1 | 0.03 | 0.04 | 0.05 | — |
| 29630 | Juice, fresh squeezed | ½ | cup(s) | 124 | 109 | 56 | 1 | 13 | <1 | <1 | 0.03 | 0.04 | 0.05 | — |
| 14414 | Juice w/calcium & extra vitamin C | ½ | cup(s) | 125 | 109 | 55 | 1 | 13 | <1 | 0 | 0.00 | 0.00 | 0.00 | — |
| 278 | Juice, unsweetened, from frozen concentrate | ½ | cup(s) | 125 | 110 | 56 | 1 | 13 | <1 | <.1 | 0.01 | 0.01 | 0.01 | — |
| | **Papaya** | | | | | | | | | | | | | |
| 282 | Raw | ½ | cup(s) | 70 | 62 | 27 | <1 | 7 | 1 | <.1 | 0.03 | 0.03 | 0.02 | — |
| 16830 | Dried, strips | 2 | item(s) | 46 | 12 | 119 | 2 | 30 | 5 | <1 | 0.13 | 0.12 | 0.09 | — |
| 35640 | **Passion fruit, purple** | 1 | item(s) | 18 | 13 | 17 | <1 | 4 | 3 | <1 | 0.00 | 0.00 | 0.00 | — |
| | **Peach** | | | | | | | | | | | | | |
| 283 | Raw, medium | 1 | item(s) | 98 | 87 | 38 | 1 | 9 | 1 | <1 | 0.02 | 0.07 | 0.08 | — |
| 285 | Halves, canned in heavy syrup | ½ | cup(s) | 131 | 104 | 97 | 1 | 26 | 2 | <1 | 0.01 | 0.05 | 0.06 | — |
| 286 | Halves, canned in water | ½ | cup(s) | 122 | 114 | 29 | 1 | 7 | 2 | <.1 | 0.01 | 0.03 | 0.03 | — |
| 290 | Slices, sweetened, frozen | ½ | cup(s) | 125 | 93 | 118 | 1 | 30 | 2 | <1 | 0.02 | 0.06 | 0.08 | — |
| | **Pear** | | | | | | | | | | | | | |
| 291 | Raw | 1 | item(s) | 166 | 139 | 96 | 1 | 26 | 5 | <1 | 0.01 | 0.04 | 0.05 | — |
| 8672 | Asian | 1 | item(s) | 122 | 108 | 51 | 1 | 13 | 4 | <1 | 0.01 | 0.06 | 0.07 | — |
| 293 | Danjou | 1 | item(s) | 200 | 168 | 120 | 1 | 30 | 5 | 1 | 0.00 | 0.20 | 0.20 | — |
| 294 | Halves, canned in heavy syrup | ½ | cup(s) | 133 | 107 | 98 | <1 | 25 | 2 | <1 | 0.01 | 0.04 | 0.04 | — |
| 1012 | Halves, canned in juice | ½ | cup(s) | 124 | 107 | 62 | <1 | 16 | 2 | <.1 | 0.00 | 0.02 | 0.02 | — |
| 1017 | **Persimmon** | 1 | item(s) | 25 | 16 | 32 | <1 | 8 | 0 | <1 | 0.01 | 0.02 | 0.02 | — |
| | **Pineapple** | | | | | | | | | | | | | |
| 295 | Raw, diced | ½ | cup(s) | 78 | 67 | 37 | <1 | 10 | 1 | <.1 | 0.01 | 0.01 | 0.03 | — |
| 3053 | Canned in extra heavy syrup | ½ | cup(s) | 130 | 101 | 108 | <1 | 28 | 1 | <1 | 0.01 | 0.02 | 0.05 | — |
| 1019 | Canned in juice | ½ | cup(s) | 125 | 104 | 75 | 1 | 20 | 1 | <.1 | 0.01 | 0.01 | 0.04 | — |
| 296 | Canned in light syrup | ½ | cup(s) | 126 | 108 | 66 | <1 | 17 | 1 | <1 | 0.01 | 0.02 | 0.05 | — |
| 1018 | Canned in water | ½ | cup(s) | 123 | 112 | 39 | 1 | 10 | 1 | <1 | 0.01 | 0.01 | 0.04 | — |
| 299 | Juice, unsweetened, canned | ½ | cup(s) | 125 | 107 | 70 | <1 | 17 | <1 | <1 | 0.01 | 0.01 | 0.04 | — |
| 1024 | **Plantain, cooked** | ½ | cup(s) | 77 | 52 | 89 | 1 | 24 | 2 | <1 | 0.05 | 0.01 | 0.03 | — |
| 300 | **Plum, raw, large** | 1 | item(s) | 83 | 72 | 38 | 1 | 9 | 1 | <1 | 0.01 | 0.11 | 0.04 | — |
| 1027 | **Pomegranate** | 1 | item(s) | 154 | 125 | 105 | 1 | 26 | 1 | <1 | 0.06 | 0.07 | 0.10 | — |
| | **Prunes** | | | | | | | | | | | | | |
| 5644 | Dried | 2 | item(s) | 17 | 5 | 40 | <1 | 11 | 1 | <.1 | 0.01 | 0.06 | 0.02 | — |
| 305 | Dried, stewed | ½ | cup(s) | 119 | <.1 | 128 | 1 | 33 | 4 | <1 | 0.00 | 0.15 | 0.04 | — |
| 306 | Juice, canned | 1 | cup(s) | 256 | 208 | 182 | 2 | 45 | 3 | <.1 | 0.01 | 0.05 | 0.02 | — |
| | Raisins, *see* grapes | | | | | | | | | | | | | |
| | **Raspberries** | | | | | | | | | | | | | |
| 309 | Raw | ½ | cup(s) | 62 | 53 | 32 | 1 | 7 | 4 | <1 | 0.01 | 0.04 | 0.23 | — |
| 310 | Red, sweetened, frozen | ½ | cup(s) | 125 | 91 | 129 | 1 | 33 | 6 | <1 | 0.01 | 0.02 | 0.11 | — |
| 311 | **Rhubarb, cooked with sugar** | ½ | cup(s) | 120 | 82 | 140 | 1 | 38 | 3 | <.1 | 0.00 | 0.00 | 0.05 | — |
| | **Strawberries** | | | | | | | | | | | | | |
| 313 | Raw | ½ | cup(s) | 72 | 65 | 23 | <1 | 6 | 1 | <1 | 0.01 | 0.03 | 0.11 | — |
| 315 | Sweetened, frozen, thawed | ½ | cup(s) | 128 | 100 | 99 | 1 | 27 | 2 | <1 | 0.01 | 0.02 | 0.09 | — |
| 16828 | **Tangelo** | 1 | item(s) | 95 | 82 | 45 | 1 | 11 | 2 | <1 | 0.01 | 0.02 | 0.02 | — |
| | **Tangerine** | | | | | | | | | | | | | |
| 316 | Raw | 1 | item(s) | 84 | 74 | 37 | 1 | 9 | 2 | <1 | 0.02 | 0.03 | 0.03 | — |
| 1040 | Juice | ½ | cup(s) | 124 | 110 | 53 | 1 | 12 | <1 | <1 | 0.03 | 0.04 | 0.05 | — |
| | **VEGETABLES, LEGUMES** | | | | | | | | | | | | | |
| | **Amaranth** | | | | | | | | | | | | | |
| 1042 | Leaves, raw | 1 | cup(s) | 28 | 26 | 6 | 1 | 1 | 0 | <.1 | 0.03 | 0.02 | 0.04 | — |
| 1043 | Leaves, boiled, drained | ½ | cup(s) | 66 | 60 | 14 | 1 | 3 | 0 | <1 | 0.03 | 0.03 | 0.05 | — |
| 8683 | **Arugula leaves, raw** | 1 | cup(s) | 20 | 18 | 5 | 1 | 1 | <1 | <1 | 0.02 | 0.01 | 0.06 | — |
| | **Artichoke** | | | | | | | | | | | | | |
| 1044 | Boiled, drained | 1 | item(s) | 120 | 101 | 60 | 4 | 13 | 6 | <1 | 0.04 | 0.01 | 0.08 | — |
| 2885 | Hearts, boiled, drained | ½ | cup(s) | 84 | 71 | 42 | 3 | 9 | 5 | <1 | 0.03 | 0.00 | 0.06 | — |
| | **Asparagus** | | | | | | | | | | | | | |
| 566 | Boiled, drained | ½ | cup(s) | 90 | 0.08 | 20 | 2 | 4 | 2 | 0.19 | 0.06 | 0 | 0.12 | — |
| 568 | Canned, drained | ½ | cup(s) | 121 | 114 | 23 | 3 | 3 | 2 | 1 | 0.18 | 0.03 | 0.34 | — |
| 565 | Tips, frozen, boiled, drained | ½ | cup(s) | 90 | 82 | 25 | 3 | 4 | 1 | <1 | 0.09 | 0.01 | 0.17 | — |

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**PAGE KEY:** H–2 = Breads/Baked Goods H–6 = Cereal/Rice/Pasta H–10 = Fruit H–14 = Vegetables/Legumes H–24 = Nuts/Seeds H–26 = Vegetarian H–28 = Dairy H–34 = Eggs H–34 = Seafood H–36 = Meats H–40 = Poultry H–40 = Processed meats H–42 = Beverages H–46 = Fats/Oils H–48 = Sweets H–50 = Spices/Condiments/Sauces H–52 = Mixed foods/Soups/Sandwiches H–58 = Fast food H–74 = Convenience meals H–76 = Baby foods

| Chol (mg) | Calc (mg) | Iron (mg) | Magn (mg) | Pota (mg) | Sodi (mg) | Zinc (mg) | Vit A (µg) | Thia (mg) | Vit E (mg α) | Ribo (mg) | Niac (mg) | Vit $B_6$ (mg) | Fola (µg) | Vit C (mg) | Vit $B_{12}$ (µg) | Sele (µg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 0 | 5 | 0.15 | 9 | 203 | 16 | 0.08 | 3 | 0.03 | 0.02 | 0.01 | 0.37 | 0.08 | 17 | 16 | 0 | 1 |
| 0 | 5 | 0.19 | 8 | 86 | 1 | 0.08 | 22 | 0.03 | 0.04 | 0.02 | 0.14 | 0.03 | 2 | 6 | 0 | <1 |
| | | | | | | | | | | | | | | | | |
| 0 | 52 | 0.13 | 13 | 237 | 0 | 0.09 | 14 | 0.11 | 0.24 | 0.05 | 0.37 | 0.08 | 39 | 70 | 0 | 1 |
| 0 | 3 | 0.02 | <1 | 4 | <.1 | 0.01 | <1 | 0.00 | 0.00 | 0.00 | 0.02 | 0.00 | 1 | 3 | 0 | <.1 |
| 0 | 36 | 0.09 | 9 | 164 | 0 | 0.06 | 10 | 0.08 | 0.16 | 0.04 | 0.26 | 0.05 | 27 | 48 | 0 | <1 |
| 0 | 14 | 0.25 | 14 | 248 | 1 | 0.06 | 12 | 0.11 | 0.05 | 0.04 | 0.50 | 0.05 | 37 | 62 | 0 | <1 |
| 0 | 14 | 0.25 | 14 | 248 | 1 | 0.06 | — | 0.11 | 0.05 | 0.04 | 0.50 | 0.05 | 38 | 62 | 0 | — |
| 0 | 176 | — | — | 226 | 0 | — | 5 | 0.08 | — | — | 0.40 | 0.06 | 30 | 54 | 0 | — |
| | | | | | | | | | | | | | | | | |
| 0 | 11 | 0.12 | 12 | 237 | 1 | 0.06 | 6 | 0.10 | 0.25 | 0.02 | 0.25 | 0.05 | 55 | 48 | 0 | <1 |
| | | | | | | | | | | | | | | | | |
| 0 | 17 | 0.07 | 7 | 180 | 2 | 0.05 | 39 | 0.02 | 0.51 | 0.02 | 0.24 | 0.01 | 27 | 43 | 0 | <1 |
| 0 | 73 | 0.30 | 30 | 783 | 9 | 0.21 | — | 0.06 | 2.22 | 0.09 | 0.93 | 0.05 | 58 | 38 | 0 | — |
| 0 | 2 | 0.29 | 5 | 63 | 5 | — | — | 0.00 | — | 0.02 | 0.27 | — | 3 | 5 | 0 | <1 |
| | | | | | | | | | | | | | | | | |
| 0 | 6 | 0.25 | 9 | 186 | 0 | 0.17 | 16 | 0.02 | 0.72 | 0.03 | 0.79 | 0.02 | 4 | 6 | 0 | <.1 |
| 0 | 4 | 0.35 | 7 | 121 | 8 | 0.12 | 22 | 0.01 | 0.64 | 0.03 | 0.80 | 0.02 | 4 | 4 | 0 | <1 |
| 0 | 2 | 0.39 | 6 | 121 | 4 | 0.11 | 33 | 0.01 | 0.60 | 0.02 | 0.64 | 0.02 | 4 | 4 | 0 | <1 |
| 0 | 4 | 0.46 | 6 | 163 | 8 | 0.06 | 18 | 0.02 | 0.77 | 0.04 | 0.82 | 0.02 | 4 | 118 | 0 | 1 |
| | | | | | | | | | | | | | | | | |
| 0 | 15 | 0.28 | 12 | 198 | 2 | 0.17 | 2 | 0.02 | 0.20 | 0.04 | 0.26 | 0.05 | 12 | 7 | 0 | <1 |
| 0 | 5 | 0.00 | 10 | 148 | 0 | 0.02 | 0 | 0.01 | 0.15 | 0.01 | 0.27 | 0.03 | 10 | 5 | 0 | <1 |
| 0 | 22 | 0.50 | 12 | 250 | 0 | 0.24 | — | 0.04 | 1.00 | 0.08 | 0.20 | 0.04 | 15 | 8 | 0 | 1 |
| 0 | 7 | 0.29 | 5 | 86 | 7 | 0.11 | 0 | 0.01 | 0.11 | 0.03 | 0.32 | 0.02 | 1 | 1 | 0 | 0 |
| 0 | 11 | 0.36 | 9 | 119 | 5 | 0.11 | 0 | 0.01 | 0.10 | 0.01 | 0.25 | 0.02 | 1 | 2 | 0 | 0 |
| 0 | 7 | 0.63 | — | 78 | <1 | — | — | — | — | — | — | — | — | 17 | 0 | 0 |
| | | | | | | | | | | | | | | | | |
| 0 | 10 | 0.22 | 9 | 89 | 1 | 0.08 | 2 | 0.06 | 0.02 | 0.02 | 0.38 | 0.09 | 12 | 28 | 0 | <.1 |
| 0 | 18 | 0.49 | 20 | 133 | 1 | 0.14 | 1 | 0.12 | — | 0.03 | 0.37 | 0.10 | 7 | 9 | 0 | — |
| 0 | 17 | 0.35 | 17 | 152 | 1 | 0.12 | 2 | 0.12 | 0.01 | 0.02 | 0.35 | 0.09 | 6 | 12 | 0 | <1 |
| 0 | 18 | 0.49 | 20 | 132 | 1 | 0.15 | 3 | 0.11 | 0.01 | 0.03 | 0.37 | 0.09 | 6 | 9 | 0 | 1 |
| 0 | 18 | 0.49 | 22 | 156 | 1 | 0.15 | 2 | 0.11 | 0.01 | 0.03 | 0.37 | 0.09 | 6 | 9 | 0 | <1 |
| 0 | 21 | 0.33 | 16 | 168 | 1 | 0.14 | 0 | 0.07 | 0.03 | 0.03 | 0.32 | 0.12 | 29 | 13 | 0 | <1 |
| 0 | 2 | 0.45 | 25 | 358 | 4 | 0.10 | 35 | 0.04 | 0.10 | 0.04 | 0.58 | 0.18 | 20 | 8 | 0 | 1 |
| 0 | 5 | 0.14 | 6 | 130 | 0 | 0.08 | 14 | 0.02 | 0.21 | 0.02 | 0.34 | 0.02 | 4 | 8 | 0 | 0 |
| 0 | 5 | 0.46 | 5 | 399 | 5 | 0.18 | 8 | 0.05 | 0.92 | 0.05 | 0.46 | 0.16 | 9 | 9 | 0 | 1 |
| | | | | | | | | | | | | | | | | |
| 0 | 9 | 0.42 | 8 | 125 | 1 | 0.09 | 17 | 0.01 | 0.00 | 0.03 | 0.33 | 0.04 | 1 | 1 | 0 | <1 |
| 0 | 23 | 0.46 | 21 | 383 | 1 | 0.19 | 37 | 0.00 | 0.23 | 0.12 | 0.85 | 0.23 | 0 | 3 | 0 | <1 |
| 0 | 31 | 3.02 | 36 | 707 | 10 | 0.54 | 0 | 0.04 | 0.31 | 0.18 | 2.01 | 0.56 | 0 | 10 | 0 | 2 |
| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| 0 | 15 | 0.42 | 14 | 93 | 1 | 0.26 | 1 | 0.02 | 0.54 | 0.02 | 0.37 | 0.03 | 13 | 16 | 0 | <1 |
| 0 | 19 | 0.81 | 16 | 143 | 1 | 0.23 | 4 | 0.02 | 0.90 | 0.06 | 0.29 | 0.04 | 33 | 21 | 0 | <1 |
| 0 | 174 | 0.25 | 16 | 115 | 1 | — | — | 0.02 | — | 0.03 | 0.25 | — | — | 4 | 0 | — |
| | | | | | | | | | | | | | | | | |
| 0 | 12 | 0.30 | 9 | 110 | 1 | 0.10 | 1 | 0.02 | 0.21 | 0.02 | 0.28 | 0.03 | 17 | 42 | 0 | <1 |
| 0 | 14 | 0.60 | 8 | 125 | 1 | 0.06 | 1 | 0.02 | 0.31 | 0.10 | 0.37 | 0.04 | 5 | 50 | 0 | 1 |
| 0 | 38 | 0.10 | 10 | 172 | 0 | 0.07 | — | 0.08 | 0.17 | 0.04 | 0.27 | 0.06 | 29 | 51 | 0 | — |
| | | | | | | | | | | | | | | | | |
| 0 | 12 | 0.08 | 10 | 132 | 1 | 0.20 | 29 | 0.09 | 0.17 | 0.02 | 0.13 | 0.06 | 17 | 26 | 0 | <1 |
| 0 | 22 | 0.25 | 10 | 220 | 1 | 0.04 | 16 | 0.07 | 0.16 | 0.02 | 0.12 | 0.05 | 6 | 38 | 0 | <1 |
| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| 0 | 60 | 0.65 | 15 | 171 | 6 | 0.25 | 0 | 0.01 | — | 0.04 | 0.18 | 0.05 | 24 | 12 | 0 | <1 |
| 0 | 138 | 1.49 | 36 | 423 | 14 | 0.58 | 92 | 0.01 | — | 0.09 | 0.37 | 0.12 | 38 | 27 | 0 | 1 |
| 0 | 32 | 0.29 | 9 | 74 | 5 | 0.09 | 24 | 0.01 | 0.09 | 0.02 | 0.06 | 0.01 | 19 | 3 | 0 | <.1 |
| | | | | | | | | | | | | | | | | |
| 0 | 54 | 1.55 | 72 | 425 | 114 | 0.59 | 11 | 0.08 | 0.23 | 0.08 | 1.20 | 0.13 | 61 | 12 | 0 | <1 |
| 0 | 38 | 1.08 | 50 | 297 | 80 | 0.41 | 8 | 0.05 | 0.16 | 0.06 | 0.84 | 0.09 | 43 | 8 | 0 | <1 |
| | | | | | | | | | | | | | | | | |
| 0 | 20.7 | 0.81 | 12.6 | 201.6 | 12.6 | 0.54 | 48.59 | 0.14 | 1.35 | 0.12 | 0.97 | 0.07 | 134.1 | 6.92 | 0 | 5.48 |
| 0 | 19 | 0.73 | 12 | 208 | 347 | 0.48 | 50 | 0.07 | 0.38 | 0.12 | 1.15 | 0.13 | 116 | 22 | 0 | 2 |
| 0 | 21 | 0.58 | 12 | 196 | 4 | 0.50 | — | 0.06 | 1.08 | 0.09 | 0.93 | 0.02 | 121 | 22 | 0 | 4 |

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**TABLE H–1**

**Food Composition** (DA+ code is for Wadsworth Diet Analysis program) (For purposes of calculations, use "0" for t, <1, <.1, <.01, etc.)

| DA + Code | Food Description | Quantity | Measure | Wt (g) | $H_2O$ (g) | Ener (kcal) | Prot (g) | Carb (g) | Fiber (g) | Fat (g) | Fat Breakdown (g) Sat | Mono | Poly | *Trans* |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **VEGETABLES, LEGUMES** —Continued | | | | | | | | | | | | | |
| | **Bamboo shoots** | | | | | | | | | | | | | |
| 1048 | Boiled, drained | ½ | cup(s) | 60 | 58 | 7 | 1 | 1 | 1 | <1 | 0.03 | 0.00 | 0.06 | — |
| 1049 | Canned, drained | ½ | cup(s) | 65 | 62 | 12 | 1 | 2 | 1 | <1 | 0.06 | 0.01 | 0.12 | — |
| | **Beans** | | | | | | | | | | | | | |
| 1801 | Adzuki beans, boiled | ½ | cup(s) | 115 | 76 | 147 | 9 | 28 | 8 | <1 | 0.04 | — | — | — |
| 511 | Baked beans w/franks, canned | ½ | cup(s) | 129 | 89 | 182 | 9 | 20 | 9 | 8 | 3.02 | 3.64 | 1.07 | — |
| 512 | Baked beans w/pork in tomato sauce, canned | ½ | cup(s) | 127 | 92 | 124 | 7 | 25 | 6 | 1 | 0.50 | 0.56 | 0.17 | — |
| 513 | Baked beans w/pork in sweet sauce, canned | ½ | cup(s) | 127 | 89 | 140 | 7 | 27 | 7 | 2 | 0.71 | 0.80 | 0.24 | 0 |
| 1805 | Black beans, boiled | ½ | cup(s) | 86 | 57 | 114 | 8 | 20 | 7 | <1 | 0.12 | 0.04 | 0.20 | — |
| 14597 | Chickpeas, garbanzo beans, or bengal gram, boiled | ½ | cup(s) | 82 | 49 | 134 | 7 | 22 | 6 | 2 | 0.22 | 0.48 | 0.95 | — |
| 569 | Fordhook lima beans, frozen, boiled, drained | ½ | cup(s) | 85 | 62 | 88 | 5 | 16 | 5 | <1 | 0.07 | 0.02 | 0.14 | — |
| 1806 | French beans, boiled | ½ | cup(s) | 89 | 59 | 114 | 6 | 21 | 8 | 1 | 0.07 | 0.05 | 0.40 | — |
| 2773 | Great northern beans, boiled | ½ | cup(s) | 89 | 61 | 104 | 7 | 19 | 6 | <1 | 0.12 | 0.02 | 0.17 | — |
| 2736 | Hyacinth beans, boiled, drained | ½ | cup(s) | 44 | 38 | 22 | 1 | 4 | 0 | <1 | 0.05 | 0.06 | 0.00 | — |
| 515 | Lima beans, boiled, drained | ½ | cup(s) | 85 | 57 | 105 | 6 | 20 | 5 | <1 | 0.06 | 0.02 | 0.13 | — |
| 570 | Lima beans, baby, frozen, boiled, drained | ½ | cup(s) | 90 | 65 | 95 | 6 | 18 | 5 | <1 | 0.06 | 0.02 | 0.13 | — |
| 579 | Mung beans, sprouted, boiled, drained | ½ | cup(s) | 62 | <.1 | 13 | 1 | 3 | <1 | <.1 | 0.02 | 0.00 | 0.02 | — |
| 510 | Navy beans, boiled | ½ | cup(s) | 91 | 57 | 129 | 8 | 24 | 6 | 1 | 0.13 | 0.05 | 0.22 | 0 |
| 32816 | Pinto beans, boiled, drained, no salt added | ½ | cup(s) | 114 | 106 | 25 | 2 | 5 | 0 | <1 | 0.04 | 0.03 | 0.21 | — |
| 1052 | Pinto beans, frozen, boiled, drained | ½ | cup(s) | 47 | 27 | 76 | 4 | 15 | 4 | <1 | 0.03 | 0.02 | 0.13 | — |
| 514 | Red kidney beans, canned | ½ | cup(s) | 128 | 99 | 109 | 7 | 20 | 8 | <1 | 0.06 | 0.03 | 0.24 | — |
| 1810 | Refried beans, canned | ½ | cup(s) | 127 | 96 | 119 | 7 | 20 | 7 | 2 | 0.60 | 0.71 | 0.19 | — |
| 1053 | Shell beans, canned | ½ | cup(s) | 123 | 111 | 37 | 2 | 8 | 4 | <1 | 0.03 | 0.02 | 0.13 | — |
| 1670 | Soybeans, boiled | ½ | cup(s) | 86 | 54 | 149 | 14 | 9 | 5 | 8 | 1.12 | 1.70 | 4.36 | — |
| 1108 | Soybeans, green, boiled, drained | ½ | cup(s) | 90 | 62 | 127 | 11 | 10 | 4 | 6 | 0.67 | 1.09 | 2.71 | — |
| 1807 | White beans, small, boiled | ½ | cup(s) | 90 | 57 | 127 | 8 | 23 | 9 | 1 | 0.15 | 0.05 | 0.25 | — |
| 574 | Green string beans, canned, fat added in cooking | ½ | cup(s) | 93 | <.1 | 41 | 1 | 4 | 2 | 3 | 0.51 | 1.23 | 0.75 | — |
| 575 | Yellow snap, string or wax beans, boiled, drained | ½ | cup(s) | 62 | <.1 | 22 | 1 | 5 | 2 | <1 | 0.04 | 0.00 | 0.09 | — |
| 576 | Yellow snap, string or wax beans, frozen, boiled, drained | ½ | cup(s) | 68 | <.1 | 19 | 1 | 4 | 2 | <1 | 0.02 | 0.00 | 0.05 | — |
| | **Beets** | | | | | | | | | | | | | |
| 580 | Whole, boiled, drained | 2 | item(s) | 100 | 87 | 44 | 2 | 10 | 2 | <1 | 0.03 | 0.04 | 0.06 | — |
| 581 | Sliced, boiled, drained | ½ | cup(s) | 85 | 74 | 37 | 1 | 8 | 2 | <1 | 0.02 | 0.03 | 0.05 | — |
| 583 | Sliced, canned, drained | ½ | cup(s) | 85 | 77 | 26 | 1 | 6 | 1 | <1 | 0.02 | 0.02 | 0.04 | — |
| 2730 | Pickled, canned with liquid | ½ | cup(s) | 114 | 93 | 74 | 1 | 18 | 3 | <.1 | 0.01 | 0.02 | 0.03 | — |
| 584 | Beet greens, boiled, drained | ½ | cup(s) | 72 | 64 | 19 | 2 | 4 | 2 | <1 | 0.02 | 0.03 | 0.05 | — |
| 585 | **Cowpeas or black-eyed peas, boiled, drained** | ½ | cup(s) | 83 | 0.06 | 80 | 2.61 | 16.76 | 4.12 | 0.31 | 0.07 | 0.02 | 0.13 | — |
| | **Broccoli** | | | | | | | | | | | | | |
| 587 | Raw, chopped | ½ | cup(s) | 44 | 39 | 15 | 1 | 3 | 1 | <1 | 0.02 | 0.00 | 0.02 | — |
| 588 | Chopped, boiled, drained | ½ | cup(s) | 78 | 70 | 27 | 2 | 6 | 3 | <1 | 0.06 | 0.03 | 0.13 | — |
| 590 | Frozen, chopped, boiled, drained | ½ | cup(s) | 92 | 83 | 26 | 3 | 5 | 3 | <1 | 0.02 | 0.01 | 0.05 | — |
| 16848 | **Broccoflower, raw, chopped** | ½ | cup(s) | 32 | 29 | 10 | 1 | 2 | 1 | <.1 | 0.01 | 0.01 | 0.04 | — |
| | **Brussels sprouts** | | | | | | | | | | | | | |
| 591 | Boiled, drained | ½ | cup(s) | 78 | 69 | 28 | 2 | 6 | 2 | <1 | 0.08 | 0.03 | 0.20 | — |
| 592 | Frozen, boiled, drained | ½ | cup(s) | 78 | 67 | 33 | 3 | 6 | 3 | <1 | 0.06 | 0.02 | 0.16 | — |
| | **Cabbage** | | | | | | | | | | | | | |
| 594 | Raw, shredded | 1 | cup(s) | 70 | 65 | 17 | 1 | 4 | 2 | <.1 | 0.01 | 0.01 | 0.04 | — |
| 595 | Boiled, drained, no salt added | 1 | cup(s) | 150 | 140 | 33 | 2 | 7 | 3 | 1 | 0.08 | 0.05 | 0.29 | — |
| 35611 | Chinese (pak choi or bok choy), boiled w/salt, drained | 1 | cup(s) | 170 | 162 | 20 | 3 | 3 | 2 | <1 | 0.04 | 0.02 | 0.13 | — |
| 16869 | Kim chee | 1 | cup(s) | 150 | 138 | 31 | 2 | 6 | 2 | <1 | 0.04 | 0.02 | 0.15 | — |
| 596 | Red, shredded, raw | 1 | cup(s) | 70 | 63 | 22 | 1 | 5 | 1 | <1 | 0.02 | 0.01 | 0.09 | — |
| 597 | Savoy, shredded, raw | 1 | cup(s) | 70 | 64 | 19 | 1 | 4 | 2 | <.1 | 0.01 | 0.00 | 0.03 | — |
| 11710 | **Capers** | 1 | teaspoon(s) | 5 | — | 0 | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| | **Carrots** | | | | | | | | | | | | | |
| 600 | Raw | ½ | cup(s) | 61 | 54 | 25 | 1 | 6 | 2 | <1 | 0.02 | 0.01 | 0.06 | 0 |
| 8691 | Raw, baby | 8 | item(s) | 80 | 72 | 28 | 1 | 7 | 1 | <1 | 0.02 | 0.01 | 0.05 | 0 |
| 601 | Grated | ½ | cup(s) | 55 | 49 | 23 | 1 | 5 | 2 | <1 | 0.02 | 0.01 | 0.06 | 0 |
| 602 | Sliced, boiled, drained | ½ | cup(s) | 78 | 0.07 | 27.29 | 0.59 | 6.41 | 2.33 | 0.14 | 0.02 | 0 | 0.08 | — |

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**PAGE KEY:** H–2 = Breads/Baked Goods H–6 = Cereal/Rice/Pasta H–10 = Fruit H–14 = Vegetables/Legumes H–24 = Nuts/Seeds H–26 = Vegetarian H–28 = Dairy H–34 = Eggs H–34 = Seafood H–36 = Meats H–40 = Poultry H–40 = Processed meats H–42 = Beverages H–46 = Fats/Oils H–48 = Sweets H–50 = Spices/Condiments/Sauces H–52 = Mixed foods/Soups/Sandwiches H–58 = Fast food H–74 = Convenience meals H–76 = Baby foods

| Chol (mg) | Calc (mg) | Iron (mg) | Magn (mg) | Pota (mg) | Sodi (mg) | Zinc (mg) | Vit A (µg) | Thia (mg) | Vit E (mg α) | Ribo (mg) | Niac (mg) | Vit $B_6$ (mg) | Fola (µg) | Vit C (mg) | Vit $B_{12}$ (µg) | Sele (µg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 0 | 7 | 0.14 | 2 | 320 | 2 | 0.28 | 0 | 0.01 | — | 0.03 | 0.18 | 0.06 | 1 | 0 | 0 | <1 |
| 0 | 5 | 0.21 | 3 | 52 | 5 | 0.43 | 1 | 0.02 | 0.41 | 0.02 | 0.09 | 0.09 | 2 | 1 | 0 | <1 |
| 0 | 32 | 2.30 | 60 | 612 | 9 | 2.04 | 0 | 0.13 | — | 0.07 | 0.82 | 0.11 | 139 | 0 | 0 | 1 |
| 8 | 62 | 2.22 | 36 | 302 | 553 | 2.40 | 5 | 0.07 | 0.59 | 0.07 | 1.16 | 0.06 | 39 | 3 | 0 | 8 |
| 9 | 71 | 4.15 | 44 | 380 | 557 | 7.41 | 5 | 0.07 | 0.13 | 0.06 | 0.63 | 0.09 | 29 | 4 | 0 | 6 |
| 9 | 77 | 2.10 | 43 | 336 | 425 | 1.90 | 1 | 0.06 | 0.04 | 0.08 | 0.44 | 0.11 | 47 | 4 | 0 | 6 |
| 0 | 23 | 1.81 | 60 | 305 | 1 | 0.96 | 0 | 0.21 | — | 0.05 | 0.43 | 0.06 | 128 | 0 | 0 | 1 |
| 0 | 40 | 2.37 | 39 | 239 | 6 | 1.25 | 1 | 0.10 | 0.29 | 0.05 | 0.43 | 0.11 | 141 | 1 | 0 | 3 |
| 0 | 26 | 1.55 | 36 | 258 | 59 | 0.63 | 9 | 0.06 | 0.25 | 0.05 | 0.91 | 0.10 | 18 | 11 | 0 | 1 |
| 0 | 56 | 0.96 | 50 | 327 | 5 | 0.57 | 0 | 0.12 | — | 0.05 | 0.48 | 0.09 | 66 | 1 | 0 | 1 |
| 0 | 60 | 1.89 | 44 | 346 | 2 | 0.78 | 0 | 0.14 | — | 0.05 | 0.60 | 0.10 | 90 | 1 | 0 | 4 |
| 0 | 18 | 0.33 | 18 | 114 | 1 | 0.17 | 3 | 0.02 | — | 0.04 | 0.21 | 0.01 | 20 | 2 | 0 | 1 |
| 0 | 27 | 2.08 | 63 | 485 | 14 | 0.67 | 16 | 0.12 | 0.12 | 0.08 | 0.88 | 0.16 | 22 | 9 | 0 | 2 |
| 0 | 25 | 1.76 | 50 | 370 | 26 | 0.50 | 7 | 0.06 | 0.58 | 0.05 | 0.69 | 0.10 | 14 | 5 | 0 | 2 |
| 0 | 7 | 0.40 | 9 | 63 | 6 | 0.29 | 1 | 0.03 | 0.04 | 0.06 | 0.50 | 0.03 | 18 | 7 | 0 | <1 |
| 0 | 64 | 2.26 | 54 | 335 | 1 | 0.96 | 0 | 0.18 | 0.01 | 0.06 | 0.48 | 0.15 | 127 | 1 | 0 | 5 |
| 0 | 17 | 0.75 | 20 | 111 | 58 | 0.19 | 0 | 0.08 | — | 0.07 | 0.82 | 0.06 | 146 | 7 | 0 | 1 |
| 0 | 24 | 1.27 | 25 | 304 | 39 | 0.32 | 0 | 0.13 | — | 0.05 | 0.30 | 0.09 | 16 | <1 | 0 | 1 |
| 0 | 31 | 1.61 | 36 | 329 | 436 | 0.70 | 0 | 0.13 | 0.77 | 0.11 | 0.58 | 0.03 | 65 | 1 | 0 | 2 |
| 10 | 44 | 2.10 | 42 | 338 | 378 | 1.48 | 0 | 0.03 | 0.00 | 0.02 | 0.40 | 0.18 | 14 | 8 | 0 | 2 |
| 0 | 36 | 1.21 | 18 | 134 | 409 | 0.33 | 13 | 0.04 | 0.04 | 0.07 | 0.25 | 0.06 | 22 | 4 | 0 | 1 |
| 0 | 88 | 4.42 | 74 | 443 | 1 | 0.99 | 0 | 0.13 | 0.30 | 0.25 | 0.34 | 0.20 | 46 | 1 | 0 | 6 |
| 0 | 131 | 2.25 | 54 | 485 | 13 | 0.82 | 7 | 0.23 | — | 0.14 | 1.13 | 0.05 | 100 | 15 | 0 | 1 |
| 0 | 65 | 2.54 | 61 | 414 | 2 | 0.98 | 0 | 0.21 | — | 0.05 | 0.24 | 0.11 | 123 | 0 | 0 | 1 |
| 0 | 24 | 0.81 | 12 | 100 | 266 | 0.26 | 129 | 0.01 | 0.40 | 0.05 | 0.18 | 0.03 | — | 4 | 0.00 | — |
| 0 | 29 | 0.80 | 16 | 187 | 2 | 0.22 | 5 | 0.05 | 0.28 | 0.06 | 0.38 | 0.03 | 21 | 6 | 0 | <1 |
| 0 | 33 | 0.59 | 16 | 85 | 6 | 0.32 | 7 | 0.02 | 0.24 | 0.06 | 0.26 | 0.04 | 16 | 3 | 0 | <1 |
| 0 | 16 | 0.79 | 23 | 305 | 77 | 0.35 | 2 | 0.03 | 0.04 | 0.04 | 0.33 | 0.07 | 80 | 4 | 0 | 1 |
| 0 | 14 | 0.67 | 20 | 259 | 65 | 0.30 | 2 | 0.02 | 0.03 | 0.03 | 0.28 | 0.06 | 68 | 3 | 0 | 1 |
| 0 | 13 | 1.55 | 14 | 126 | 165 | 0.18 | 1 | 0.01 | 0.03 | 0.03 | 0.13 | 0.05 | 26 | 3 | 0 | <1 |
| 0 | 12 | 0.47 | 17 | 168 | 300 | 0.30 | 1 | 0.01 | — | 0.05 | 0.28 | 0.06 | 31 | 3 | 0 | 1 |
| 0 | 82 | 1.37 | 49 | 654 | 174 | 0.36 | 276 | 0.08 | 1.30 | 0.21 | 0.36 | 0.10 | 10 | 18 | 0 | 1 |
| 0 | 105.59 | 0.92 | 42.9 | 344.85 | 3.29 | 0.84 | 65.17 | 0.08 | 0.18 | 0.12 | 1.15 | 0.05 | 104.77 | 1.81 | 0 | 2.06 |
| 0 | 21 | 0.32 | 9 | 139 | 15 | 0.18 | 15 | 0.03 | 0.34 | 0.05 | 0.28 | 0.08 | 28 | 39 | 0 | 1 |
| 0 | 31 | 0.52 | 16 | 229 | 32 | 0.35 | 76 | 0.05 | 1.13 | 0.10 | 0.43 | 0.16 | 84 | 51 | 0 | 1 |
| 0 | 30 | 0.56 | 12 | 131 | 10 | 0.26 | 52 | 0.05 | 1.21 | 0.07 | 0.42 | 0.12 | 52 | 37 | 0 | 1 |
| 0 | 11 | 0.23 | 6 | 96 | 7 | 0.20 | 0 | 0.03 | 0.01 | 0.03 | 0.23 | 0.07 | 18 | 28 | 0 | — |
| 0 | 28 | 0.94 | 16 | 247 | 16 | 0.26 | 30 | 0.08 | 0.34 | 0.06 | 0.47 | 0.14 | 47 | 48 | 0 | 1 |
| 0 | 20 | 0.37 | 14 | 225 | 12 | 0.19 | 36 | 0.08 | 0.40 | 0.09 | 0.42 | 0.22 | 78 | 35 | 0 | <1 |
| 0 | 33 | 0.41 | 11 | 172 | 13 | 0.13 | 6 | 0.04 | 0.10 | 0.03 | 0.21 | 0.07 | 30 | 23 | 0 | 1 |
| 0 | 47 | 0.26 | 12 | 146 | 12 | 0.14 | 11 | 0.09 | 0.18 | 0.08 | 0.42 | 0.17 | 30 | 30 | 0 | 1 |
| 0 | 158 | 1.77 | 19 | 631 | 459 | 0.29 | 360 | 0.05 | 0.15 | 0.11 | 0.73 | 0.28 | 70 | 44 | 0 | 1 |
| 0 | 145 | 1.28 | 27 | 375 | 995 | 0.36 | — | 0.07 | 0.08 | 0.10 | 0.75 | 0.34 | 88 | 80 | 0 | — |
| 0 | 32 | 0.56 | 11 | 170 | 19 | 0.15 | 39 | 0.04 | 0.12 | 0.05 | 0.29 | 0.15 | 13 | 40 | 0 | <1 |
| 0 | 25 | 0.28 | 20 | 161 | 20 | 0.19 | 35 | 0.05 | — | 0.02 | 0.21 | 0.13 | 56 | 22 | 0 | 1 |
| 0 | — | — | — | — | 105 | — | — | — | — | — | — | — | — | — | 0 | — |
| 0 | 20 | 0.18 | 7 | 195 | 42 | 0.15 | 367 | 0.04 | 0.40 | 0.04 | 0.60 | 0.08 | 12 | 4 | 0 | <.1 |
| 0 | 26 | 0.71 | 8 | 190 | 62 | 0.14 | 552 | 0.02 | — | 0.03 | 0.44 | 0.08 | 26 | 7 | 0 | 1 |
| 0 | 18 | 0.17 | 7 | 177 | 38 | 0.13 | 333 | 0.04 | 0.36 | 0.03 | 0.54 | 0.08 | 11 | 3 | 0 | <.1 |
| 0 | 23.39 | 0.26 | 7.8 | 183.3 | 45.24 | 0.15 | 1914.9 | 0.05 | 0.80 | 0.03 | 0.5 | 0.11 | 10.92 | 2.8 | 0 | 0.54 |

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**TABLE H–1**

**Food Composition** (DA+ code is for Wadsworth Diet Analysis program) (For purposes of calculations, use "0" for t, <1, <.1, <.01, etc.)

| DA + Code | Food Description | Quantity | Measure | Wt (g) | $H_2O$ (g) | Ener (kcal) | Prot (g) | Carb (g) | Fiber (g) | Fat (g) | Fat Breakdown (g) Sat | Mono | Poly | *Trans* |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **VEGETABLES, LEGUMES**—Continued | | | | | | | | | | | | | |
| 1055 | Juice, canned | ½ | cup(s) | 123 | 109 | 49 | 1 | 11 | 1 | <1 | 0.03 | 0.01 | 0.09 | — |
| 32725 | **Cassava or manioc** | ½ | cup(s) | 103 | 61 | 165 | 1 | 39 | 2 | <1 | 0.08 | 0.08 | 0.05 | — |
| | **Cauliflower** | | | | | | | | | | | | | |
| 605 | Raw, chopped, | ½ | cup(s) | 50 | 46 | 13 | 1 | 3 | 1 | <1 | 0.02 | 0.01 | 0.05 | — |
| 606 | Boiled, drained | ½ | cup(s) | 62 | 58 | 14 | 1 | 3 | 2 | <1 | 0.04 | 0.02 | 0.13 | — |
| 607 | Frozen, boiled, drained | ½ | cup(s) | 90 | 85 | 17 | 1 | 3 | 2 | <1 | 0.03 | 0.01 | 0.09 | — |
| | **Celery** | | | | | | | | | | | | | |
| 609 | Diced | ½ | cup(s) | 60 | 58 | 8 | <1 | 2 | 1 | <1 | 0.03 | 0.02 | 0.05 | — |
| 608 | Stalk | 2 | item(s) | 80 | 76 | 11 | 1 | 2 | 1 | <1 | 0.03 | 0.03 | 0.06 | — |
| | **Chard** | | | | | | | | | | | | | |
| 1056 | Swiss chard, raw | 1 | cup(s) | 36 | 33 | 7 | 1 | 1 | 1 | <.1 | 0.01 | 0.01 | 0.03 | — |
| 1057 | Swiss chard, boiled, drained | ½ | cup(s) | 88 | 81 | 18 | 2 | 4 | 2 | <.1 | 0.01 | 0.01 | 0.02 | — |
| | **Collard greens** | | | | | | | | | | | | | |
| 610 | Boiled, drained | ½ | cup(s) | 95 | 87 | 25 | 2 | 5 | 3 | <1 | 0.04 | 0.02 | 0.16 | — |
| 611 | Frozen, chopped, boiled, drained | ½ | cup(s) | 85 | 75 | 31 | 3 | 6 | 2 | <1 | 0.05 | 0.02 | 0.18 | — |
| | **Corn** | | | | | | | | | | | | | |
| 29614 | Yellow corn, fresh, cooked | 1 | item(s) | 100 | 0.06 | 107.37 | 3.3 | 24.96 | 2.78 | 1.27 | 0.19 | 0.37 | 0.59 | — |
| 612 | Yellow sweet corn, boiled, drained | ½ | cup(s) | 82 | 57 | 89 | 3 | 21 | 2 | 1 | 0.16 | 0.31 | 0.49 | — |
| 614 | Yellow sweet corn, frozen, boiled, drained | ½ | cup(s) | 82 | 63 | 66 | 2 | 16 | 2 | 1 | 0.08 | 0.16 | 0.26 | — |
| 615 | Yellow creamed sweet corn, canned | ½ | cup(s) | 128 | 101 | 92 | 2 | 23 | 2 | 1 | 0.08 | 0.16 | 0.25 | — |
| 618 | **Cucumber** | ¼ | item(s) | 75 | 72 | 11 | <1 | 3 | <1 | <.1 | 0.03 | 0.00 | 0.04 | — |
| 16870 | **Cucumber, kim chee** | ½ | cup(s) | 75 | 68 | 16 | 1 | 4 | 1 | <.1 | 0.02 | 0.00 | 0.03 | — |
| | **Dandelion greens** | | | | | | | | | | | | | |
| 2734 | Raw | 1 | cup(s) | 55 | 47 | 25 | 1 | 5 | 2 | <1 | 0.09 | 0.01 | 0.17 | — |
| 620 | Chopped, boiled, drained | ½ | cup(s) | 53 | 47 | 17 | 1 | 3 | 2 | <1 | 0.08 | 0.01 | 0.14 | — |
| 1066 | **Eggplant, boiled, drained** | ½ | cup(s) | 48 | 43 | 17 | <1 | 4 | 1 | <1 | 0.02 | 0.01 | 0.04 | — |
| 621 | **Endive or escarole, chopped, raw** | 1 | cup(s) | 53 | 49 | 9 | 1 | 2 | 2 | <1 | 0.03 | 0.00 | 0.05 | — |
| 8784 | **Jicama or yambean** | ½ | cup(s) | 65 | 59 | 25 | <1 | 6 | 3 | <.1 | 0.01 | 0.00 | 0.03 | — |
| | **Kale** | | | | | | | | | | | | | |
| 29313 | Raw | 1 | cup(s) | 67 | 57 | 34 | 2 | 7 | 1 | <1 | 0.06 | 0.03 | 0.23 | — |
| 623 | Frozen, chopped, boiled, drained | ½ | cup(s) | 65 | 59 | 20 | 2 | 3 | 1 | <1 | 0.04 | 0.02 | 0.15 | — |
| | **Kohlrabi** | | | | | | | | | | | | | |
| 1071 | Raw | 1 | cup(s) | 135 | 123 | 36 | 2 | 8 | 5 | <1 | 0.02 | 0.01 | 0.06 | — |
| 1072 | Boiled, drained | ½ | cup(s) | 83 | 74 | 24 | 1 | 6 | 1 | <.1 | 0.01 | 0.01 | 0.04 | — |
| | **Leeks** | | | | | | | | | | | | | |
| 1073 | Raw | 1 | cup(s) | 89 | 74 | 54 | 1 | 13 | 2 | <1 | 0.04 | 0.00 | 0.15 | — |
| 1074 | Boiled, drained | ½ | cup(s) | 52 | 47 | 16 | <1 | 4 | 1 | <1 | 0.01 | 0.00 | 0.06 | — |
| | **Lentils** | | | | | | | | | | | | | |
| 522 | Boiled | ½ | cup(s) | 99 | 69 | 115 | 9 | 20 | 8 | <1 | 0.05 | 0.06 | 0.17 | — |
| 1075 | Sprouted | 1 | cup(s) | 77 | 52 | 82 | 7 | 17 | 0 | <1 | 0.04 | 0.08 | 0.17 | — |
| | **Lettuce** | | | | | | | | | | | | | |
| 624 | Butterhead, boston, or bibb | 1 | cup(s) | 55 | 53 | 7 | 1 | 1 | 1 | <1 | 0.02 | 0.00 | 0.06 | — |
| 625 | Butterhead leaves | 11 | piece(s) | 83 | 79 | 11 | 1 | 2 | 1 | <1 | 0.02 | 0.01 | 0.10 | — |
| 626 | Iceberg | 1 | cup(s) | 55 | 53 | 6 | <1 | 1 | 1 | <.1 | 0.01 | 0.00 | 0.03 | — |
| 628 | Iceberg, chopped | 1 | cup(s) | 55 | 53 | 6 | <1 | 1 | 1 | <.1 | 0.01 | 0.00 | 0.03 | — |
| 629 | Looseleaf | 1 | cup(s) | 56 | 54 | 8 | 1 | 2 | 1 | <.1 | 0.01 | 0.00 | 0.05 | — |
| 1665 | Romaine, shredded | 1 | cup(s) | 56 | 53 | 10 | 1 | 2 | 1 | <1 | 0.02 | 0.01 | 0.09 | — |
| | **Mushrooms** | | | | | | | | | | | | | |
| 15585 | Crimini (about 6) | 3 | ounce(s) | 85 | 28 | 4 | 3 | 2 | 0 | 0.00 | 0.00 | 0.00 | 0 | 0 |
| 8700 | Enoki | 30 | item(s) | 90 | 80 | 31 | 2 | 6 | 2 | <1 | 0.04 | 0.01 | 0.14 | — |
| 630 | Mushrooms, raw | ½ | cup(s) | 35 | 32 | 8 | 1 | 1 | <1 | <1 | 0.02 | 0.00 | 0.05 | — |
| 1079 | Mushrooms, boiled, drained | ½ | cup(s) | 78 | 71 | 22 | 2 | 4 | 2 | <1 | 0.05 | 0.01 | 0.14 | — |
| 1080 | Mushrooms, canned, drained | ½ | cup(s) | 78 | 71 | 20 | 1 | 4 | 2 | <1 | 0.03 | 0.00 | 0.09 | — |
| 15587 | Portobello, raw | 1 | item(s) | 85 | 30 | 3 | 4 | 3 | 0 | 0.00 | 0.00 | 0.00 | 0 | 0 |
| 2743 | Shiitake, cooked | ½ | cup(s) | 73 | 61 | 40 | 1 | 10 | 2 | <1 | 0.04 | 0.05 | 0.02 | — |
| | **Mustard greens** | | | | | | | | | | | | | |
| 29319 | Raw | 1 | cup(s) | 56 | 51 | 15 | 2 | 3 | 2 | <1 | 0.01 | 0.05 | 0.02 | — |
| 2744 | Frozen, boiled, drained | ½ | cup(s) | 75 | 70 | 14 | 2 | 2 | 2 | <1 | 0.01 | 0.08 | 0.04 | — |
| | **Okra** | | | | | | | | | | | | | |
| 632 | Sliced, boiled, drained | ½ | cup(s) | 80 | 74 | 18 | 1 | 4 | 2 | <1 | 0.04 | 0.02 | 0.04 | — |
| 32742 | Frozen, boiled, drained, no salt added | ½ | cup(s) | 92 | 84 | 26 | 2 | 5 | 3 | <1 | 0.07 | 0.05 | 0.07 | — |
| 16866 | Batter coated, fried | 11 | piece(s) | 83 | 55 | 160 | 2 | 13 | 2 | 11 | 1.50 | 2.80 | 6.37 | — |
| | **Onions** | | | | | | | | | | | | | |
| 633 | Raw, chopped | ½ | cup(s) | 80 | 71 | 34 | 1 | 8 | 1 | <.1 | 0.02 | 0.02 | 0.05 | — |
| 635 | Chopped, boiled, drained | ½ | cup(s) | 106 | 93 | 47 | 1 | 11 | 1 | <1 | 0.03 | 0.03 | 0.08 | — |

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**PAGE KEY:** H–2 = Breads/Baked Goods H–6 = Cereal/Rice/Pasta H–10 = Fruit H–14 = Vegetables/Legumes H–24 = Nuts/Seeds H–26 = Vegetarian H–28 = Dairy H–34 = Eggs H–34 = Seafood H–36 = Meats H–40 = Poultry H–40 = Processed meats H–42 = Beverages H–46 = Fats/Oils H–48 = Sweets H–50 = Spices/Condiments/Sauces H–52 = Mixed foods/Soups/Sandwiches H–58 = Fast food H–74 = Convenience meals H–76 = Baby foods

| Chol (mg) | Calc (mg) | Iron (mg) | Magn (mg) | Pota (mg) | Sodi (mg) | Zinc (mg) | Vit A (µg) | Thia (mg) | Vit E (mg α) | Ribo (mg) | Niac (mg) | Vit $B_6$ (mg) | Fola (µg) | Vit C (mg) | Vit $B_{12}$ (µg) | Sele (µg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 0 | 30 | 0.57 | 17 | 359 | 36 | 0.22 | 1176 | 0.11 | 1.43 | 0.07 | 0.47 | 0.27 | 5 | 10 | 0 | 1 |
| 0 | 16 | 0.28 | 22 | 279 | 14 | 0.35 | 1 | 0.09 | 0.20 | 0.05 | 0.88 | 0.09 | 28 | 21 | 0 | 1 |
| 0 | 11 | 0.22 | 8 | 152 | 15 | 0.14 | 1 | 0.03 | 0.04 | 0.03 | 0.26 | 0.11 | 29 | 23 | 0 | <1 |
| 0 | 10 | 0.20 | 6 | 88 | 9 | 0.11 | 1 | 0.03 | 0.04 | 0.03 | 0.25 | 0.11 | 27 | 27 | 0 | <1 |
| 0 | 15 | 0.37 | 8 | 125 | 16 | 0.12 | 0 | 0.03 | 0.05 | 0.05 | 0.28 | 0.08 | 37 | 28 | 0 | 1 |
| 0 | 24 | 0.12 | 7 | 157 | 48 | 0.08 | 13 | 0.01 | 0.16 | 0.03 | 0.19 | 0.04 | 22 | 2 | 0 | <1 |
| 0 | 32 | 0.16 | 9 | 208 | 64 | 0.10 | 18 | 0.02 | 0.22 | 0.05 | 0.26 | 0.06 | 29 | 2 | 0 | <1 |
| 0 | 18 | 0.65 | 29 | 136 | 77 | 0.13 | 110 | 0.01 | 0.68 | 0.03 | 0.14 | 0.04 | 5 | 11 | 0 | <1 |
| 0 | 51 | 1.98 | 75 | 480 | 157 | 0.29 | 268 | 0.03 | 1.65 | 0.08 | 0.32 | 0.07 | 8 | 16 | 0 | 1 |
| 0 | 133 | 1.10 | 19 | 110 | 15 | 0.22 | 386 | 0.04 | 0.84 | 0.10 | 0.55 | 0.12 | 88 | 17 | 0 | <1 |
| 0 | 179 | 0.95 | 26 | 213 | 43 | 0.23 | 489 | 0.04 | 1.06 | 0.10 | 0.54 | 0.10 | 65 | 22 | 0 | 1 |
| 0 | 2.12 | 0.6 | 31.81 | 247.59 | 242.45 | 0.47 | 21.87 | 0.21 | 0.09 | 0.07 | 1.6 | 0.05 | — | 6.16 | 0 | — |
| 0 | 2 | 0.50 | 26 | 204 | 14 | 0.39 | 11 | 0.18 | 0.07 | 0.06 | 1.32 | 0.05 | 38 | 5 | 0 | <1 |
| 0 | 2 | 0.39 | 23 | 191 | 1 | 0.52 | 8 | 0.02 | 0.06 | 0.05 | 1.08 | 0.08 | 29 | 3 | 0 | 1 |
| 0 | 4 | 0.49 | 22 | 172 | 365 | 0.68 | 5 | 0.03 | 0.09 | 0.07 | 1.23 | 0.08 | 58 | 6 | 0 | 1 |
| 0 | 12 | 0.21 | 10 | 111 | 2 | 0.15 | 4 | 0.02 | 0.02 | 0.02 | 0.07 | 0.03 | 5 | 2 | 0 | <1 |
| 0 | 7 | 3.62 | 6 | 88 | 766 | 0.38 | — | 0.02 | 0.36 | 0.02 | 0.35 | 0.08 | 17 | 3 | 0 | — |
| 0 | 103 | 1.71 | 20 | 219 | 42 | 0.23 | 137 | 0.11 | 2.65 | 0.14 | 0.45 | 0.14 | 15 | 19 | 0 | <1 |
| 0 | 74 | 0.95 | 13 | 122 | 23 | 0.15 | 260 | 0.07 | 1.79 | 0.09 | 0.27 | 0.08 | 7 | 9 | 0 | <1 |
| 0 | 3 | 0.12 | 5 | 59 | <1 | 0.06 | 1 | 0.04 | 0.20 | 0.01 | 0.29 | 0.04 | 7 | 1 | 0 | <.1 |
| 0 | 27 | 0.44 | 8 | 165 | 12 | 0.41 | 57 | 0.04 | 0.23 | 0.04 | 0.21 | 0.01 | 75 | 3 | 0 | <1 |
| 0 | 8 | 0.39 | 8 | 98 | 3 | 0.10 | 1 | 0.01 | 0.30 | 0.02 | 0.13 | 0.03 | 8 | 13 | 0 | <1 |
| 0 | 90 | 1.14 | 23 | 299 | 29 | 0.29 | 515 | 0.07 | — | 0.09 | 0.67 | 0.18 | 19 | 80 | 0 | 1 |
| 0 | 90 | 0.61 | 12 | 209 | 10 | 0.12 | 478 | 0.03 | 0.60 | 0.07 | 0.44 | 0.06 | 9 | 16 | 0 | 1 |
| 0 | 32 | 0.54 | 26 | 473 | 27 | 0.04 | 3 | 0.07 | 0.65 | 0.03 | 0.54 | 0.20 | 22 | 84 | 0 | 1 |
| 0 | 21 | 0.33 | 16 | 281 | 17 | 0.26 | 2 | 0.03 | 0.43 | 0.02 | 0.32 | 0.13 | 10 | 45 | 0 | 1 |
| 0 | 53 | 1.87 | 25 | 160 | 18 | 0.11 | 74 | 0.05 | 0.82 | 0.03 | 0.36 | 0.21 | 57 | 11 | 0 | 1 |
| 0 | 16 | 0.57 | 7 | 45 | 5 | 0.03 | 1 | 0.01 | — | 0.01 | 0.10 | 0.06 | 13 | 2 | 0 | <1 |
| 0 | 19 | 3.30 | 36 | 365 | 2 | 1.26 | 0 | 0.17 | 0.11 | 0.07 | 1.05 | 0.18 | 179 | 1 | 0 | 3 |
| 0 | 19 | 2.47 | 28 | 248 | 8 | 1.16 | 2 | 0.18 | — | 0.10 | 0.87 | 0.15 | 77 | 13 | 0 | <1 |
| 0 | 19 | 0.69 | 7 | 132 | 3 | 0.11 | 92 | 0.03 | 0.10 | 0.03 | 0.20 | 0.05 | 40 | 2 | 0 | <1 |
| 0 | 29 | 1.02 | 11 | 196 | 4 | 0.17 | 137 | 0.05 | 0.15 | 0.05 | 0.29 | 0.07 | 60 | 3 | 0 | <1 |
| 0 | 11 | 0.19 | 4 | 84 | 5 | 0.09 | 9 | 0.02 | 0.10 | 0.01 | 0.07 | 0.03 | 31 | 2 | 0 | <1 |
| 0 | 11 | 0.19 | 4 | 84 | 5 | 0.09 | 9 | 0.02 | 0.10 | 0.01 | 0.07 | 0.03 | 31 | 2 | 0 | <1 |
| 0 | 20 | 0.48 | 7 | 109 | 16 | 0.10 | 208 | 0.04 | 0.16 | 0.05 | 0.21 | 0.05 | 21 | 10 | 0 | <1 |
| 0 | 19 | 0.55 | 8 | 139 | 5 | 0.13 | 163 | 0.04 | 0.07 | 0.04 | 0.18 | 0.04 | 77 | 14 | 0 | <1 |
| 0 | 0.67 | — | — | 33 | — | 0 | — | — | — | — | — | — | — | 0 | 0 | — |
| 0 | 1 | 0.80 | 14 | 343 | 3 | 0.51 | 0 | 0.08 | 0.01 | 0.09 | 3.28 | 0.04 | 27 | 11 | 0 | 14 |
| 0 | 1 | 0.18 | 3 | 110 | 1 | 0.18 | 0 | 0.03 | 0.00 | 0.15 | 1.35 | 0.04 | 6 | 1 | <.1 | 3 |
| 0 | 5 | 1.36 | 9 | 278 | 2 | 0.68 | 0 | 0.06 | 0.01 | 0.23 | 3.48 | 0.07 | 14 | 3 | 0 | 9 |
| 0 | 9 | 0.62 | 12 | 101 | 332 | 0.56 | 0 | 0.07 | 0.01 | 0.02 | 1.24 | 0.05 | 9 | 0 | 0 | 3 |
| 40 | 0.36 | — | — | 10 | — | 0 | — | — | — | — | — | — | — | 0 | 0 | — |
| 0 | 2 | 0.32 | 10 | 85 | 3 | 0.96 | 0 | 0.03 | 0.01 | 0.12 | 1.09 | 0.12 | 15 | <1 | 0 | 18 |
| 0 | 58 | 0.82 | 18 | 199 | 14 | 0.11 | 295 | 0.05 | 1.13 | 0.06 | 0.45 | 0.10 | 105 | 39 | 0 | 1 |
| 0 | 76 | 0.84 | 10 | 104 | 19 | 0.15 | 266 | 0.03 | 1.01 | 0.04 | 0.19 | 0.08 | 53 | 10 | 0 | <1 |
| 0 | 62 | 0.22 | 29 | 108 | 5 | 0.34 | 11 | 0.11 | 0.22 | 0.04 | 0.70 | 0.15 | 37 | 13 | 0 | <1 |
| 0 | 88 | 0.62 | 47 | 215 | 3 | 0.57 | 16 | 0.09 | 0.29 | 0.11 | 0.72 | 0.04 | 134 | 11 | 0 | 1 |
| 2 | 54 | 1.13 | 32 | 170 | 110 | 0.44 | — | 0.16 | 1.51 | 0.13 | 1.29 | 0.11 | 34 | 9 | <.1 | — |
| 0 | 18 | 0.15 | 8 | 115 | 2 | 0.13 | 0 | 0.04 | 0.02 | 0.02 | 0.07 | 0.12 | 15 | 5 | 0 | <1 |
| 0 | 23 | 0.26 | 12 | 177 | 3 | 0.22 | 0 | 0.04 | 0.02 | 0.02 | 0.18 | 0.14 | 16 | 6 | 0 | 1 |

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**TABLE H–1**

**Food Composition** (DA+ code is for Wadsworth Diet Analysis program) (For purposes of calculations, use "0" for t, <1, <.1, <.01, etc.)

| DA + Code | Food Description | Quantity | Measure | Wt (g) | $H_2O$ (g) | Ener (kcal) | Prot (g) | Carb (g) | Fiber (g) | Fat (g) | Fat Breakdown (g) Sat | Mono | Poly | *Trans* |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **VEGETABLES, LEGUMES**—Continued | | | | | | | | | | | | | |
| 2748 | Frozen, boiled, drained | ½ | cup(s) | 106 | 98 | 30 | 1 | 7 | 2 | <1 | 0.02 | 0.01 | 0.04 | — |
| 16850 | Red onions, sliced, raw | ½ | cup(s) | 58 | 52 | 22 | 1 | 5 | 1 | <.1 | 0.02 | 0.01 | 0.04 | — |
| 636 | Scallions, green or spring onions | 2 | item(s) | 30 | 27 | 10 | 1 | 2 | 1 | <.1 | 0.01 | 0.01 | 0.02 | — |
| 1081 | Onion rings, breaded & pan fried, frozen, heated | 11 | item(s) | 78 | 22 | 318 | 4 | 30 | 1 | 21 | 6.70 | 8.49 | 3.99 | — |
| 16860 | **Palm hearts, cooked** | ½ | cup(s) | 73 | 51 | 75 | 2 | 19 | 1 | <1 | 0.03 | 0.00 | 0.07 | — |
| 637 | **Parsley, chopped** | 1 | tablespoon(s) | 4 | 3 | 1 | <1 | <1 | <1 | <.1 | 0.01 | 0.01 | 0.00 | — |
| 638 | **Parsnips, sliced, boiled, drained** | ½ | cup(s) | 78 | 63 | 55 | 1 | 13 | 3 | <1 | 0.04 | 0.09 | 0.04 | — |
| | **Peas** | | | | | | | | | | | | | |
| 639 | Green peas, canned, drained | ½ | cup(s) | 85 | 69 | 59 | 4 | 11 | 3 | <1 | 0.05 | 0.03 | 0.14 | — |
| 641 | Green peas, frozen, boiled, drained | ½ | cup(s) | 80 | 64 | 62 | 4 | 11 | 4 | <1 | 0.04 | 0.02 | 0.10 | — |
| 35694 | Pea pods, boiled w/salt, drained | ½ | cup(s) | 80 | 71 | 34 | 3 | 6 | 2 | <1 | 0.04 | 0.02 | 0.08 | — |
| 1082 | Peas & carrots, canned w/liquid | ½ | cup(s) | 128 | 112 | 48 | 3 | 11 | 3 | <1 | 0.06 | 0.03 | 0.16 | — |
| 1083 | Peas & carrots, frozen, boiled, drained | ½ | cup(s) | 80 | 69 | 38 | 2 | 8 | 2 | <1 | 0.06 | 0.03 | 0.16 | — |
| 640 | Snow or sugar peas, raw | ½ | cup(s) | 32 | 28 | 13 | 1 | 2 | 1 | <.1 | 0.01 | 0.01 | 0.03 | — |
| 2750 | Snow or sugar peas, frozen, boiled, drained | ½ | cup(s) | 80 | 69 | 42 | 3 | 7 | 2 | <1 | 0.06 | 0.03 | 0.13 | — |
| 29324 | Split peas, sprouted | ½ | cup(s) | 60 | 37 | 77 | 5 | 17 | 0 | <1 | 0.07 | 0.04 | 0.20 | — |
| | **Peppers** | | | | | | | | | | | | | |
| 643 | Green bell or sweet, raw | ½ | cup(s) | 75 | 70 | 15 | 1 | 3 | 1 | <1 | 0.04 | 0.01 | 0.05 | — |
| 644 | Green bell or sweet, boiled, drained | ½ | cup(s) | 68 | 62 | 19 | 1 | 5 | 1 | <1 | 0.02 | 0.01 | 0.07 | — |
| 1664 | Green hot chili | 1 | item(s) | 45 | 39 | 18 | 1 | 4 | 1 | <.1 | 0.01 | 0.00 | 0.05 | — |
| 1663 | Green hot chili, canned w/liquid | ½ | cup(s) | 68 | 63 | 14 | 1 | 3 | 1 | <.1 | 0.01 | 0.00 | 0.04 | — |
| 1086 | Jalapeno, canned w/liquid | ½ | cup(s) | 68 | 60 | 18 | 1 | 3 | 2 | 1 | 0.07 | 0.04 | 0.35 | — |
| 8703 | Yellow bell or sweet | 1 | item(s) | 186 | 171 | 50 | 2 | 12 | 2 | <1 | 0.06 | 0.03 | 0.21 | — |
| 1087 | **Poi** | ½ | cup(s) | 122 | 87 | 136 | <1 | 33 | <1 | <1 | 0.04 | 0.01 | 0.07 | — |
| | **Potatoes** | | | | | | | | | | | | | |
| 5791 | Baked, flesh & skin | 1 | item(s) | 202 | 144 | 220 | 5 | 51 | 4 | <1 | 0.05 | 0.00 | 0.09 | — |
| 645 | Baked, flesh only | ½ | cup(s) | 61 | 46 | 57 | 1 | 13 | 1 | <.1 | 0.02 | 0.00 | 0.03 | — |
| 1088 | Baked, skin only | 1 | item(s) | 58 | 27 | 115 | 2 | 27 | 5 | <.1 | 0.02 | 0.00 | 0.02 | — |
| 5794 | Boiled, drained, skin & flesh | 1 | item(s) | 150 | 116 | 129 | 3 | 30 | 2 | <1 | 0.04 | 0.00 | 0.06 | — |
| 647 | Boiled, flesh only | ½ | cup(s) | 78 | 60 | 67 | 1 | 16 | 1 | <.1 | 0.02 | 0.00 | 0.03 | — |
| 5795 | Boiled in skin, drained, flesh only | 1 | item(s) | 136 | 105 | 118 | 3 | 27 | 2 | <1 | 0.04 | 0.00 | 0.06 | — |
| 2759 | Microwaved | 1 | item(s) | 202 | 146 | 212 | 5 | 49 | 5 | <1 | 0.05 | 0.00 | 0.09 | — |
| 5804 | Microwaved, skin only | 1 | item(s) | 58 | 37 | 77 | 3 | 17 | 4 | <.1 | 0.02 | 0.00 | 0.02 | — |
| 2760 | Microwaved in skin, flesh only | ½ | cup(s) | 78 | 57 | 78 | 2 | 18 | 1 | <.1 | 0.02 | 0.00 | 0.03 | — |
| 1089 | Au gratin, prepared w/butter | ½ | cup(s) | 123 | 91 | 162 | 6 | 14 | 2 | 9 | 5.80 | 2.63 | 0.34 | — |
| 1090 | Au gratin mix, prepared w/water, whole milk, & butter | ½ | cup(s) | 114 | 90 | 106 | 3 | 15 | 1 | 5 | 2.94 | 1.34 | 0.15 | — |
| 648 | French fried, deep fried, prepared from raw | 14 | item(s) | 70 | 32 | 190 | 3 | 24 | 2 | 10 | 1.93 | 4.21 | 2.97 | — |
| 649 | French fried, frozen, heated | 14 | item(s) | 70 | 40 | 140 | 2 | 22 | 2 | 5 | 0.88 | 3.33 | 0.55 | — |
| 1091 | Hashed brown | ½ | cup(s) | 78 | 37 | 207 | 2 | 27 | 2 | 10 | 1.11 | 3.13 | 2.78 | — |
| 653 | Mashed, from dehydrated granules w/milk, water, & margarine | ½ | cup(s) | 105 | 80 | 122 | 2 | 17 | 1 | 5 | 1.27 | 2.05 | 1.41 | — |
| 652 | Mashed, w/margarine & whole milk | ½ | cup(s) | 105 | 79 | 119 | 2 | 18 | 2 | 4 | 1.05 | 1.83 | 1.27 | — |
| 1097 | Potato puffs, frozen, heated | ½ | cup(s) | 64 | 34 | 142 | 2 | 20 | 2 | 7 | 3.26 | 2.79 | 0.51 | — |
| 1093 | Scalloped, prepared w/butter | ½ | cup(s) | 123 | 99 | 105 | 4 | 13 | 2 | 5 | 2.76 | 1.27 | 0.20 | — |
| 1094 | Scalloped mix, prepared w/water, whole milk, & butter | ½ | cup(s) | 114 | 90 | 106 | 2 | 15 | 1 | 5 | 2.99 | 1.38 | 0.22 | — |
| | **Pumpkin** | | | | | | | | | | | | | |
| 1773 | Boiled, drained | ½ | cup(s) | 123 | 115 | 25 | 1 | 6 | 1 | <.1 | 0.05 | 0.01 | 0.00 | — |
| 656 | Canned | ½ | cup(s) | 123 | 110 | 42 | 1 | 10 | 4 | <1 | 0.18 | 0.05 | 0.02 | — |
| | **Radicchio** | | | | | | | | | <.1 | | | | |
| 2498 | Raw | 1 | cup(s) | 40 | 37 | 9 | 1 | 2 | <1 | <1 | 0.02 | 0.00 | 0.04 | — |
| 8731 | Raw, leaves | 10 | item(s) | 80 | 75 | 18 | 1 | 4 | 1 | <1 | 0.05 | 0.01 | 0.09 | — |
| 657 | **Radishes** | 6 | item(s) | 27 | 26 | 4 | <1 | 1 | <1 | <.1 | 0.01 | 0.00 | 0.01 | — |
| 1099 | **Rutabaga, boiled, drained** | ½ | cup(s) | 85 | 76 | 33 | 1 | 7 | 2 | <1 | 0.02 | 0.02 | 0.08 | — |
| 658 | **Sauerkraut, canned** | ½ | cup(s) | 114 | 105 | 22 | 1 | 5 | 3 | <1 | 0.04 | 0.01 | 0.07 | — |
| | **Seaweed** | | | | | | | | | | | | | |
| 1102 | Kelp | ½ | cup(s) | 41 | 33 | 17 | 1 | 4 | 1 | <1 | 0.10 | 0.04 | 0.02 | — |
| 1104 | Spirulina, dried | ½ | cup(s) | 8 | <1 | 22 | 4 | 2 | <1 | 1 | 0.20 | 0.05 | 0.16 | — |
| 1106 | **Shallots** | 3 | tablespoon(s) | 30 | 24 | 22 | 1 | 5 | 0 | <.1 | 0.01 | 0.00 | 0.01 | — |
| | **Soybeans** | | | | | | | | | | | | | |
| 1670 | Boiled | ½ | cup(s) | 86 | 0.05 | 148.77 | 14.31 | 8.53 | 5.15 | 7.71 | 1.11 | 1.7 | 4.35 | — |
| 2825 | Dry roasted | ½ | cup(s) | 86 | 1 | 388 | 34 | 28 | 7 | 19 | 2.69 | 4.11 | 10.50 | — |
| 2824 | Roasted, salted | ½ | cup(s) | 86 | 2 | 405 | 30 | 29 | 15 | 22 | 3.16 | 4.82 | 12.33 | — |

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**PAGE KEY:** H–2 = Breads/Baked Goods H–6 = Cereal/Rice/Pasta H–10 = Fruit H–14 = Vegetables/Legumes H–24 = Nuts/Seeds H–26 = Vegetarian H–28 = Dairy H–34 = Eggs H–34 = Seafood H–36 = Meats H–40 = Poultry H–40 = Processed meats H–42 = Beverages H–46 = Fats/Oils H–48 = Sweets H–50 = Spices/Condiments/Sauces H–52 = Mixed foods/Soups/Sandwiches H–58 = Fast food H–74 = Convenience meals H–76 = Baby foods

| Chol (mg) | Calc (mg) | Iron (mg) | Magn (mg) | Pota (mg) | Sodi (mg) | Zinc (mg) | Vit A (µg) | Thia (mg) | Vit E (mg α) | Ribo (mg) | Niac (mg) | Vit $B_6$ (mg) | Fola (µg) | Vit C (mg) | Vit $B_{12}$ (µg) | Sele (µg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 0 | 17 | 0.32 | 6 | 115 | 13 | 0.07 | 0 | 0.02 | 0.01 | 0.03 | 0.15 | 0.07 | 14 | 3 | 0 | <1 |
| 0 | 11 | 0.13 | 6 | 90 | 2 | 0.11 | 0 | 0.02 | 0.01 | 0.01 | 0.09 | 0.07 | 11 | 4 | 0 | — |
| 0 | 22 | 0.44 | 6 | 83 | 5 | 0.12 | 15 | 0.02 | 0.17 | 0.02 | 0.16 | 0.02 | 19 | 6 | 0 | <1 |
| 0 | 24 | 1.32 | 15 | 101 | 293 | 0.33 | 9 | 0.22 | — | 0.11 | 2.82 | 0.06 | 52 | 1 | 0 | 3 |
| 0 | 13 | 1.23 | 7 | 1318 | 10 | 2.72 | — | 0.03 | 0.37 | 0.13 | 0.62 | 0.53 | 15 | 5 | 0 | — |
| 0 | 5 | 0.24 | 2 | 21 | 2 | 0.04 | 16 | 0.00 | 0.03 | 0.00 | 0.05 | 0.00 | 6 | 5 | 0 | <.1 |
| 0 | 29 | 0.45 | 23 | 286 | 8 | 0.20 | 0 | 0.06 | 0.78 | 0.04 | 0.56 | 0.07 | 45 | 10 | 0 | 1 |
| 0 | 17 | 0.81 | 14 | 147 | 214 | 0.60 | 23 | 0.10 | 0.03 | 0.07 | 0.62 | 0.05 | 37 | 8 | 0 | 1 |
| 0 | 19 | 1.22 | 18 | 88 | 58 | 0.54 | 84 | 0.23 | 0.02 | 0.08 | 1.18 | 0.09 | 47 | 8 | 0 | 1 |
| 0 | 34 | 1.58 | 21 | 192 | 192 | 0.30 | 43 | 0.10 | 0.31 | 0.06 | 0.43 | 0.12 | 23 | 38 | 0 | 1 |
| 0 | 29 | 0.96 | 18 | 128 | 332 | 0.74 | 368 | 0.09 | — | 0.07 | 0.74 | 0.11 | 23 | 8 | 0 | 1 |
| 0 | 18 | 0.75 | 13 | 126 | 54 | 0.36 | 374 | 0.18 | 0.42 | 0.05 | 0.92 | 0.07 | 21 | 6 | 0 | 1 |
| 0 | 14 | 0.66 | 8 | 63 | 1 | 0.09 | 17 | 0.05 | 0.12 | 0.03 | 0.19 | 0.05 | 13 | 19 | 0 | <1 |
| 0 | 47 | 1.92 | 22 | 174 | 4 | 0.39 | 53 | 0.05 | 0.38 | 0.10 | 0.45 | 0.14 | 28 | 18 | 0 | 1 |
| 0 | 22 | 1.36 | 34 | 229 | 12 | 0.63 | 5 | 0.14 | — | 0.09 | 1.85 | 0.16 | 86 | 6 | 0 | <1 |
| 0 | 7 | 0.25 | 7 | 130 | 2 | 0.10 | 13 | 0.04 | 0.28 | 0.02 | 0.36 | 0.17 | 8 | 60 | 0 | 0 |
| 0 | 6 | 0.31 | 7 | 113 | 1 | 0.08 | 10 | 0.04 | 0.36 | 0.02 | 0.32 | 0.16 | 11 | 51 | 0 | <1 |
| 0 | 8 | 0.54 | 11 | 153 | 3 | 0.14 | 27 | 0.04 | 0.31 | 0.04 | 0.43 | 0.13 | 10 | 109 | 0 | <1 |
| 0 | 5 | 0.34 | 10 | 127 | 798 | 0.12 | 24 | 0.01 | 0.47 | 0.03 | 0.54 | 0.10 | 7 | 46 | 0 | <1 |
| 0 | 16 | 1.28 | 10 | 131 | 1136 | 0.23 | 58 | 0.03 | 0.47 | 0.03 | 0.27 | 0.13 | 10 | 7 | 0 | <1 |
| 0 | 20 | 0.86 | 22 | 394 | 4 | 0.32 | 19 | 0.05 | — | 0.05 | 1.66 | 0.31 | 48 | 341 | 0 | 1 |
| 0 | 19 | 1.07 | 29 | 223 | 15 | 0.27 | 4 | 0.16 | 2.80 | 0.05 | 1.34 | 0.33 | 26 | 5 | 0 | 1 |
| 0 | 20 | 2.75 | 55 | 844 | 16 | 0.65 | 0 | 0.22 | — | 0.07 | 3.32 | 0.70 | 22 | 26 | 0 | 2 |
| 0 | 3 | 0.21 | 15 | 239 | 3 | 0.18 | 0 | 0.06 | 0.02 | 0.01 | 0.85 | 0.18 | 5 | 8 | 0 | <1 |
| 0 | 20 | 4.08 | 25 | 332 | 12 | 0.28 | 1 | 0.07 | 0.02 | 0.06 | 1.78 | 0.36 | 13 | 8 | 0 | <1 |
| 0 | 13 | 1.27 | 34 | 572 | 7 | 0.47 | 0 | 0.15 | — | 0.03 | 2.13 | 0.44 | 15 | 18 | 0 | — |
| 0 | 6 | 0.24 | 16 | 256 | 4 | 0.21 | 0 | 0.08 | 0.01 | 0.01 | 1.02 | 0.21 | 7 | 6 | 0 | <1 |
| 0 | 7 | 0.42 | 30 | 515 | 5 | 0.41 | 0 | 0.14 | — | 0.03 | 1.96 | 0.41 | 14 | 18 | 0 | <1 |
| 0 | 22 | 2.50 | 55 | 903 | 16 | 0.73 | 0 | 0.24 | — | 0.06 | 3.46 | 0.69 | 24 | 31 | 0 | 1 |
| 0 | 27 | 3.45 | 21 | 377 | 9 | 0.30 | 0 | 0.04 | — | 0.04 | 1.29 | 0.29 | 10 | 9 | 0 | <1 |
| 0 | 4 | 0.32 | 20 | 321 | 5 | 0.26 | 0 | 0.10 | — | 0.02 | 1.27 | 0.25 | 9 | 12 | 0 | <1 |
| 28 | 146 | 0.78 | 25 | 485 | 530 | 0.85 | 78 | 0.08 | — | 0.14 | 1.22 | 0.21 | 13 | 12 | 0 | 3 |
| 17 | 94 | 0.36 | 17 | 249 | 499 | 0.27 | 59 | 0.02 | — | 0.09 | 1.07 | 0.05 | 8 | 4 | 0 | 3 |
| 0 | 9 | 1.02 | 28 | 731 | 8 | 0.53 | 0 | 0.10 | 0.09 | 0.05 | 1.90 | 0.33 | 13 | 21 | 0 | — |
| 0 | 6 | 0.87 | 15 | 293 | 21 | 0.28 | 0 | 0.08 | 0.08 | 0.02 | 1.46 | 0.22 | 8 | 7 | 0 | <1 |
| 0 | 11 | 0.43 | 27 | 449 | 267 | 0.37 | 0 | 0.13 | 0.01 | 0.03 | 1.80 | 0.37 | 12 | 10 | 0 | <1 |
| 2 | 34 | 0.22 | 21 | 163 | 181 | 0.25 | 49 | 0.09 | 0.54 | 0.09 | 0.91 | 0.17 | 8 | 7 | <1 | 6 |
| 1 | 21 | 0.27 | 20 | 342 | 350 | 0.32 | 43 | 0.10 | 0.44 | 0.05 | 1.23 | 0.26 | 9 | 11 | <.1 | 1 |
| 0 | 19 | 1.00 | 12 | 243 | 477 | 0.19 | 0 | 0.13 | 0.15 | 0.05 | 1.38 | 0.15 | 11 | 4 | 0 | <1 |
| 15 | 70 | 0.70 | 23 | 463 | 410 | 0.49 | 39 | 0.08 | — | 0.11 | 1.29 | 0.22 | 13 | 13 | 0 | 2 |
| 13 | 41 | 0.43 | 16 | 231 | 388 | 0.28 | 40 | 0.02 | — | 0.06 | 1.17 | 0.05 | 11 | 4 | 0 | 2 |
| 0 | 18 | 0.70 | 11 | 282 | 1 | 0.28 | 306 | 0.04 | 0.98 | 0.10 | 0.51 | 0.05 | 11 | 6 | 0 | <1 |
| 0 | 32 | 1.70 | 28 | 252 | 6 | 0.21 | 953 | 0.03 | 1.30 | 0.07 | 0.45 | 0.07 | 15 | 5 | 0 | <1 |
| 0 | 8 | 0.23 | 5 | 121 | 9 | 0.25 | <1 | 0.01 | 0.90 | 0.01 | 0.10 | 0.02 | 24 | 3 | 0 | <1 |
| 0 | 15 | 0.46 | 10 | 242 | 18 | 0.50 | 1 | 0.01 | 1.81 | 0.02 | 0.20 | 0.05 | 48 | 6 | 0 | 1 |
| 0 | 7 | 0.09 | 3 | 63 | 11 | 0.08 | 0 | 0.00 | 0.00 | 0.01 | 0.07 | 0.02 | 7 | 4 | 0 | <1 |
| 0 | 41 | 0.45 | 20 | 277 | 17 | 0.30 | 0 | 0.07 | 0.27 | 0.03 | 0.61 | 0.09 | 13 | 16 | 0 | 1 |
| 0 | 34 | 1.67 | 15 | 193 | 751 | 0.22 | 1 | 0.02 | 0.11 | 0.02 | 0.16 | 0.15 | 27 | 17 | 0 | 1 |
| 0 | 68 | 1.16 | 49 | 36 | 94 | 0.50 | 2 | 0.02 | 0.35 | 0.06 | 0.19 | 0.00 | 73 | 1 | 0 | <1 |
| 0 | 9 | 2.14 | 15 | 102 | 79 | 0.15 | 2 | 0.18 | 0.38 | 0.28 | 0.96 | 0.03 | 7 | 1 | 0 | 1 |
| 0 | 11 | 0.36 | 6 | 100 | 4 | 0.12 | 18 | 0.02 | — | 0.01 | 0.06 | 0.10 | 10 | 2 | 0 | <1 |
| 0 | 87.72 | 4.42 | 73.95 | 442.89 | 0.86 | 0.98 | 0.86 | 0.13 | 0.30 | 0.24 | 0.34 | 0.2 | 46.43 | 1.46 | 0 | 6.27 |
| 0 | 120 | 3.40 | 196 | 1173 | 2 | 4.10 | 0 | 0.37 | — | 0.65 | 0.91 | 0.19 | 176 | 4 | 0 | 17 |
| 0 | 119 | 3.35 | 125 | 1264 | 140 | 2.70 | 9 | 0.09 | 0.78 | 0.12 | 1.21 | 0.18 | 181 | 2 | 0 | 16 |

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**TABLE H–1**

**Food Composition** (DA+ code is for Wadsworth Diet Analysis program) (For purposes of calculations, use "0" for t, <1, <.1, <.01, etc.)

| DA + Code | Food Description | Quantity | Measure | Wt (g) | $H_2O$ (g) | Ener (kcal) | Prot (g) | Carb (g) | Fiber (g) | Fat (g) | Fat Breakdown (g) Sat | Mono | Poly | *Trans* |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **VEGETABLES, LEGUMES**—Continued | | | | | | | | | | | | | |
| 30282 | Soup (miso) | 1 | cup(s) | 240 | 218 | 85 | 6 | 8 | 2 | 3 | 0.59 | 1.05 | 1.47 | — |
| 8739 | Sprouted, stir fried | 3 | ounce(s) | 85 | 57 | 106 | 11 | 8 | 1 | 6 | 0.84 | 1.37 | 3.41 | — |
| | **Soy products** | | | | | | | | | | | | | |
| 1813 | Soy milk | 1 | cup(s) | 240 | 214 | 118 | 9 | 11 | 3 | 5 | 0.51 | 0.78 | 2.00 | — |
| 2838 | Tofu, dried, frozen (koyadofu) | 3 | ounce(s) | 85 | 5 | 408 | 41 | 12 | 6 | 26 | 3.73 | 5.70 | 14.57 | — |
| 13844 | Tofu, extra firm | 3 | ounce(s) | 79 | — | 80 | 8 | 2 | 1 | 4 | 0.50 | 0.87 | 2.60 | — |
| 13843 | Tofu, firm | 3 | ounce(s) | 79 | — | 80 | 8 | 2 | 1 | 4 | 0.50 | 0.87 | 2.17 | — |
| 1816 | Tofu, firm, w/calcium sulfate & magnesium chloride (nigari) | 3 | ounce(s) | 85 | 0.07 | 65.48 | 6.83 | 2.52 | 0.34 | 3.79 | 0.54 | 0.83 | 2.14 | — |
| 1817 | Tofu, fried | 3 | ounce(s) | 85 | 43 | 230 | 15 | 9 | 3 | 17 | 2.48 | 3.79 | 9.69 | — |
| 13841 | Tofu, silken | 3 | ounce(s) | 91 | — | 30 | 6 | 0 | 1 | 1 | 0.50 | 0.51 | 1.52 | — |
| 13842 | Tofu, soft | 3 | ounce(s) | 91 | — | 30 | 6 | 1 | 1 | 1 | 0.50 | 1.00 | 2.00 | — |
| 1671 | Tofu, soft, w/calcium sulfate & magnesium chloride (nigari) | 3 | ounce(s) | 85 | 0.07 | 51.88 | 5.57 | 1.53 | 0.17 | 3.13 | 0.45 | 0.69 | 1.76 | — |
| | **Spinach** | | | | | | | | | | | | | |
| 659 | Raw, chopped | 1 | cup(s) | 30 | 27 | 7 | 1 | 1 | 1 | <1 | 0.02 | 0.00 | 0.05 | — |
| 663 | Canned, drained | ½ | cup(s) | 108 | 100 | 25 | 3 | 4 | 3 | 1 | 0.09 | 0.02 | 0.23 | — |
| 660 | Chopped, boiled, drained | ½ | cup(s) | 90 | 82 | 21 | 3 | 3 | 2 | <1 | 0.04 | 0.01 | 0.10 | — |
| 661 | Chopped, frozen, boiled, drained | ½ | cup(s) | 95 | 84 | 30 | 4 | 5 | 4 | <1 | 0.09 | 0.00 | 0.20 | — |
| 662 | Leaf, frozen, boiled, drained | ½ | cup(s) | 95 | 84 | 30 | 4 | 5 | 4 | <1 | 0.09 | 0.00 | 0.20 | — |
| 8470 | Trimmed leaves | 1 | cup(s) | 32 | 27 | 3 | 1 | <.1 | 3 | <.1 | — | — | — | — |
| | **Squash** | | | | | | | | | | | | | |
| 1662 | Acorn, baked | ½ | cup(s) | 103 | 85 | 57 | 1 | 15 | 5 | <1 | 0.03 | 0.01 | 0.06 | — |
| 29702 | Acorn, boiled, mashed | ½ | cup(s) | 123 | 110 | 42 | 1 | 11 | 3 | <.1 | 0.02 | 0.01 | 0.04 | — |
| 1661 | Butternut, baked | ½ | cup(s) | 103 | 90 | 41 | 1 | 11 | 3 | <.1 | 0.02 | 0.01 | 0.04 | — |
| 29451 | Butternut, frozen, boiled | ½ | cup(s) | 132 | 116 | 51 | 2 | 13 | 2 | <.1 | 0.02 | 0.01 | 0.04 | — |
| 32773 | Butternut, frozen, boiled, mashed, no salt added | ½ | cup(s) | 122 | <1 | 47 | 1 | 12 | 0 | <.1 | 0.02 | 0.00 | 0.03 | — |
| 29700 | Crookneck & straightneck, boiled, drained | ½ | cup(s) | 90 | 0.08 | 18 | 0.81 | 3.87 | 1.25 | 0.27 | 0.05 | 0.02 | 0.11 | — |
| 29703 | Hubbard, baked | v | cup(s) | 103 | 87 | 51 | 3 | 11 | 0 | 1 | 0.13 | 0.05 | 0.27 | — |
| 1660 | Hubbard, boiled, mashed | ½ | cup(s) | 118 | 107 | 35 | 2 | 8 | 3 | <1 | 0.09 | 0.03 | 0.18 | — |
| 29704 | Spaghetti, boiled, drained, or baked | ½ | cup(s) | 78 | 72 | 21 | 1 | 5 | 1 | <1 | 0.05 | 0.02 | 0.10 | — |
| 664 | Summer, all varieties, sliced, boiled, drained | ½ | cup(s) | 90 | 84 | 18 | 1 | 4 | 1 | <1 | 0.06 | 0.02 | 0.12 | — |
| 665 | Winter, all varieties, baked, mashed | ½ | cup(s) | 103 | 91 | 38 | 1 | 9 | 3 | <1 | 0.13 | 0.05 | 0.27 | — |
| 1112 | Zucchini, boiled, drained | ½ | cup(s) | 90 | 85 | 14 | 1 | 4 | 1 | <.1 | 0.01 | 0.00 | 0.02 | — |
| 1113 | Zucchini, frozen, boiled, drained | ½ | cup(s) | 113 | 107 | 19 | 1 | 4 | 1 | <1 | 0.03 | 0.01 | 0.06 | — |
| | **Sweet potatoes** | | | | | | | | | | | | | |
| 666 | Baked, peeled | ½ | cup(s) | 100 | 76 | 90 | 2 | 21 | 3 | <1 | 0.03 | 0.00 | 0.06 | — |
| 667 | Boiled, mashed | ½ | cup(s) | 166 | 133 | 126 | 2 | 29 | 4 | <1 | 0.05 | 0.00 | 0.10 | — |
| 668 | Candied, home recipe | ½ | cup(s) | 84 | 56 | 115 | 1 | 23 | 2 | 3 | 1.13 | 0.53 | 0.12 | — |
| 670 | Canned, vacuum pack | ½ | cup(s) | 100 | 76 | 91 | 2 | 21 | 2 | <1 | 0.04 | 0.01 | 0.09 | — |
| 2765 | Frozen, baked | ½ | cup(s) | 88 | 65 | 88 | 2 | 21 | 2 | <1 | 0.02 | 0.00 | 0.05 | — |
| 1136 | Yams, baked or boiled, drained | ½ | cup(s) | 68 | 48 | 79 | 1 | 19 | 3 | <.1 | 0.02 | 0.00 | 0.04 | — |
| 32785 | **Taro shoots, cooked, no salt added** | ½ | cup(s) | 70 | 67 | 10 | 1 | 2 | 0 | <.1 | 0.01 | 0.00 | 0.02 | — |
| | **Tomatillo** | | | | | | | | | | | | | |
| 8774 | Raw | 2 | item(s) | 68 | 62 | 22 | 1 | 4 | 1 | 1 | 0.09 | 0.11 | 0.28 | — |
| 8777 | Raw, chopped | ½ | cup(s) | 66 | 60 | 21 | 1 | 4 | 1 | 1 | 0.09 | 0.10 | 0.28 | — |
| | **Tomato** | | | | | | | | | | | | | |
| 671 | Fresh, ripe, red | 1 | item(s) | 123 | 0.11 | 22.13 | 1.08 | 4.82 | 1.47 | 0.24 | 0.05 | 0.06 | 0.16 | — |
| 16846 | Fresh, cherry | 5 | item(s) | 85 | 0.07 | 17.85 | 0.72 | 3.94 | 0.93 | 0.28 | 0.03 | 0.04 | 0.11 | — |
| 3952 | Diced, red | ½ | cup(s) | 90 | 85 | 16 | 1 | 4 | 1 | <1 | 0.04 | 0.05 | 0.12 | — |
| 1118 | Boiled, red | ½ | cup(s) | 120 | 113 | 22 | 1 | 5 | 1 | <1 | 0.02 | 0.02 | 0.05 | — |
| 675 | Juice, canned | ½ | cup(s) | 122 | 115 | 21 | 1 | 5 | <1 | <.1 | 0.01 | 0.01 | 0.03 | — |
| 75 | Juice, no salt added | ½ | cup(s) | 122 | 115 | 21 | 1 | 5 | <1 | <.1 | 0.01 | 0.01 | 0.03 | — |
| 1699 | Paste, canned | 2 | tablespoon(s) | 33 | 24 | 27 | 1 | 6 | 1 | <1 | 0.04 | 0.03 | 0.07 | — |
| 1700 | Puree, canned | ¼ | cup(s) | 63 | 55 | 24 | 1 | 6 | 1 | <1 | 0.02 | 0.02 | 0.05 | — |
| 1125 | Sauce, canned | ¼ | cup(s) | 61 | 55 | 20 | 1 | 5 | 1 | <1 | 0.02 | 0.02 | 0.06 | — |
| 1120 | Stewed, canned, red | ½ | cup(s) | 128 | 117 | 33 | 1 | 8 | 1 | <1 | 0.03 | 0.04 | 0.10 | — |
| 8778 | Sun dried | ½ | cup(s) | 27 | 4 | 70 | 4 | 15 | 3 | 1 | 0.12 | 0.13 | 0.30 | — |
| 8783 | Sun dried in oil, drained | ¼ | cup(s) | 28 | 15 | 59 | 1 | 6 | 2 | 4 | 0.52 | 2.38 | 0.57 | — |
| | **Turnips** | | | | | | | | | | | | | |
| 677 | Turnips, cubed, boiled, drained | ½ | cup(s) | 78 | 73 | 17 | 1 | 4 | 2 | <.1 | 0.01 | 0.00 | 0.03 | — |
| 678 | Turnip greens, chopped, boiled, drained | ½ | cup(s) | 72 | 67 | 14 | 1 | 3 | 3 | <1 | 0.04 | 0.01 | 0.07 | — |
| 679 | Turnip greens, frozen, chopped, boiled, drained | ½ | cup(s) | 82 | 74 | 24 | 3 | 4 | 3 | <1 | 0.08 | 0.02 | 0.14 | — |

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**PAGE KEY:** H–2 = Breads/Baked Goods H–6 = Cereal/Rice/Pasta H–10 = Fruit H–14 = Vegetables/Legumes H–24 = Nuts/Seeds H–26 = Vegetarian H–28 = Dairy H–34 = Eggs H–34 = Seafood H–36 = Meats H–40 = Poultry H–40 = Processed meats H–42 = Beverages H–46 = Fats/Oils H–48 = Sweets H–50 = Spices/Condiments/Sauces H–52 = Mixed foods/Soups/Sandwiches H–58 = Fast food H–74 = Convenience meals H–76 = Baby foods

| Chol (mg) | Calc (mg) | Iron (mg) | Magn (mg) | Pota (mg) | Sodi (mg) | Zinc (mg) | Vit A (µg) | Thia (mg) | Vit E (mg α) | Ribo (mg) | Niac (mg) | Vit $B_6$ (mg) | Fola (µg) | Vit C (mg) | Vit $B_{12}$ (µg) | Sele (µg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 0 | 64 | 1.89 | 37 | 361 | 988 | 0.87 | — | 0.06 | 0.96 | 0.16 | 2.61 | 0.17 | 57 | 4 | <1 | — |
| 0 | 70 | 0.34 | 82 | 482 | 12 | 1.79 | 1 | 0.36 | — | 0.16 | 0.94 | 0.14 | 108 | 10 | 0 | 1 |
| 0 | 10 | 1.39 | 46 | 338 | 29 | 0.55 | 5 | 0.39 | 3.24 | 0.17 | 0.35 | 0.10 | 5 | 0 | 0 | 3 |
| 0 | 310 | 8.28 | 50 | 17 | 5 | 4.17 | 22 | 0.42 | — | 0.27 | 1.01 | 0.24 | 78 | 1 | 0 | 46 |
| 0 | 60 | 1.08 | 78 | — | 0 | — | 0 | — | 0.03 | — | — | — | — | 0 | 0 | — |
| 0 | 60 | 1.08 | 52 | — | 0 | — | 0 | — | — | — | — | — | — | 0 | 0 | — |
| 0 | 137.78 | 1.23 | 39.12 | 149.68 | 6.8 | 0.85 | 0.85 | 0.07 | — | 0.08 | 0 | 0.05 | 28.06 | 0.17 | 0 | 7.99 |
| 0 | 316 | 4.14 | 51 | 124 | 14 | 1.69 | 1 | 0.14 | 0.03 | 0.04 | 0.09 | 0.08 | 23 | 0 | 0 | 24 |
| 0 | 300 | 0.73 | 35 | — | 65 | — | 0 | — | — | — | — | — | — | 0 | 2 | — |
| 0 | 300 | 0.72 | 33 | — | 65 | — | 0 | — | — | — | — | — | — | 0 | 2 | — |
| 0 | 94.4 | 0.94 | 22.96 | 102.05 | 6.8 | 0.54 | 0.85 | 0.03 | 0.01 | 0.03 | 0.45 | 0.04 | 37.42 | 0.17 | 0 | 7.56 |
| 0 | 30 | 0.81 | 24 | 167 | 24 | 0.16 | 141 | 0.02 | 0.61 | 0.06 | 0.22 | 0.06 | 58 | 8 | 0 | <1 |
| 0 | 138 | 2.49 | 82 | 375 | 29 | 0.50 | 531 | 0.02 | 2.10 | 0.15 | 0.42 | 0.11 | 106 | 16 | 0 | 2 |
| 0 | 122 | 3.21 | 78 | 419 | 63 | 0.68 | 472 | 0.09 | 1.87 | 0.21 | 0.44 | 0.22 | 131 | 9 | 0 | 1 |
| 0 | 145 | 1.86 | 78 | 287 | 92 | 0.47 | 573 | 0.07 | 3.36 | 0.17 | 0.42 | 0.13 | 115 | 2 | 0 | 5 |
| 0 | 145 | 1.86 | 78 | 287 | 92 | 0.47 | 573 | 0.07 | 3.36 | 0.17 | 0.42 | 0.13 | 115 | 2 | 0 | 5 |
| 0 | 25 | 2.13 | 25 | 134 | 38 | 0.18 | — | 0.03 | — | 0.06 | 0.18 | 0.07 | <.1 | 8 | 0 | — |
| 0 | 45 | 0.95 | 44 | 448 | 4 | 0.17 | 22 | 0.17 | — | 0.01 | 0.90 | 0.20 | 19 | 11 | 0 | 1 |
| 0 | 32 | 0.69 | 32 | 322 | 4 | 0.13 | 50 | 0.12 | — | 0.01 | 0.65 | 0.14 | 13 | 8 | 0 | <1 |
| 0 | 42 | 0.62 | 30 | 291 | 4 | 0.13 | 572 | 0.07 | 1.32 | 0.02 | 0.99 | 0.13 | 19 | 15 | 0 | 1 |
| 0 | 25 | 0.77 | 12 | 176 | 3 | 0.16 | — | 0.07 | — | 0.05 | 0.61 | 0.09 | 22 | 5 | 0 | 1 |
| 0 | 23 | 0.70 | 11 | 162 | 2 | 0.14 | 406 | 0.05 | — | 0.05 | 0.56 | 0.08 | 19 | 4 | 0 | 1 |
| 0 | 18.2 | 0.41 | 18.2 | 183.73 | 1.73 | 0.25 | 29.46 | 0.04 | — | 0.03 | 0.39 | 0.09 | 19.93 | 7.28 | 0 | 0.17 |
| 0 | 17 | 0.48 | 23 | 367 | 8 | 0.15 | 310 | 0.08 | — | 0.05 | 0.57 | 0.18 | 16 | 10 | 0 | 1 |
| 0 | 12 | 0.33 | 15 | 253 | 6 | 0.12 | 236 | 0.05 | 0.14 | 0.03 | 0.39 | 0.12 | 12 | 8 | 0 | <1 |
| 0 | 16 | 0.26 | 9 | 91 | 14 | 0.16 | 5 | 0.03 | 0.09 | 0.02 | 0.63 | 0.08 | 6 | 3 | 0 | <1 |
| 0 | 24 | 0.32 | 22 | 173 | 1 | 0.35 | 10 | 0.04 | 0.13 | 0.04 | 0.46 | 0.06 | 18 | 5 | 0 | <1 |
| 0 | 23 | 0.45 | 13 | 448 | 1 | 0.23 | 268 | 0.02 | 0.12 | 0.07 | 0.51 | 0.17 | 21 | 10 | 0 | <1 |
| 0 | 12 | 0.32 | 20 | 228 | 3 | 0.16 | 50 | 0.04 | 0.11 | 0.04 | 0.39 | 0.07 | 15 | 4 | 0 | <1 |
| 0 | 19 | 0.54 | 15 | 219 | 2 | 0.23 | 11 | 0.05 | 0.14 | 0.05 | 0.44 | 0.05 | 9 | 4 | 0 | <1 |
| 0 | 38 | 0.69 | 27 | 475 | 36 | 0.32 | 961 | 1.45 | 0.71 | 0.11 | 1.49 | 0.29 | 6 | 20 | 0 | <1 |
| 0 | 45 | 1.20 | 30 | 382 | 45 | 0.33 | 1310 | 0.09 | 1.56 | 0.08 | 0.89 | 0.27 | 10 | 21 | 0 | <1 |
| 7 | 22 | 0.95 | 9 | 159 | 59 | 0.13 | 176 | 0.02 | — | 0.04 | 0.33 | 0.03 | 9 | 6 | 0 | 1 |
| 0 | 22 | 0.89 | 22 | 312 | 53 | 0.18 | 399 | 0.04 | 1.00 | 0.06 | 0.74 | 0.19 | 17 | 26 | 0 | 1 |
| 0 | 31 | 0.48 | 18 | 332 | 7 | 0.26 | 722 | 0.06 | 0.68 | 0.05 | 0.49 | 0.16 | 19 | 8 | 0 | 1 |
| 0 | 10 | 0.36 | 12 | 458 | 5 | 0.14 | 4 | 0.06 | 0.26 | 0.02 | 0.38 | 0.16 | 11 | 8 | 0 | <1 |
| 0 | 10 | 0.29 | 6 | 241 | 1 | 0.38 | 2 | 0.03 | — | 0.04 | 0.57 | 0.08 | 2 | 13 | 0 | 1 |
| 0 | 5 | 0.42 | 14 | 182 | 1 | 0.15 | 4 | 0.03 | 0.26 | 0.02 | 1.26 | 0.04 | 5 | 8 | 0 | <1 |
| 0 | 5 | 0.41 | 13 | 177 | 1 | 0.15 | 4 | 0.03 | 0.25 | 0.02 | 1.22 | 0.04 | 5 | 8 | 0 | <1 |
| 0 | 12.3 | 0.33 | 13.52 | 291.51 | 6.15 | 0.2 | 76.26 | 0.04 | 0.66 | 0.02 | 0.73 | 0.09 | 18.45 | 15.62 | 0 | 0 |
| 0 | 4.25 | 0.37 | 9.35 | 188.69 | 7.65 | 0.07 | 52.7 | 0.05 | 0.46 | 0.03 | 0.53 | 0.07 | — | 16.23 | 0 | — |
| 0 | 9 | 0.24 | 10 | 213 | 5 | 0.15 | 38 | 0.03 | 0.49 | 0.02 | 0.53 | 0.07 | 14 | 11 | 0 | 0 |
| 0 | 13 | 0.82 | 11 | 262 | 13 | 0.17 | 29 | 0.04 | 0.67 | 0.03 | 0.64 | 0.09 | 16 | 27 | 0 | 1 |
| 0 | 12 | 0.52 | 13 | 279 | 328 | 0.18 | 28 | 0.06 | 0.39 | 0.04 | 0.82 | 0.14 | 24 | 22 | 0 | <1 |
| 0 | 12 | 0.52 | 13 | 279 | 12 | 0.18 | 28 | 0.06 | 0.39 | 0.04 | 0.82 | 0.14 | 24 | 22 | 0 | <1 |
| 0 | 12 | 0.98 | 14 | 333 | 259 | 0.21 | 25 | 0.02 | 1.41 | 0.05 | 1.01 | 0.07 | 4 | 7 | 0 | 2 |
| 0 | 11 | 1.11 | 14 | 274 | 249 | 0.23 | 16 | 0.02 | 1.23 | 0.05 | 0.92 | 0.08 | 7 | 7 | 0 | 3 |
| 0 | 8 | 0.62 | 10 | 203 | 321 | 0.12 | 10 | 0.01 | 1.27 | 0.04 | 0.60 | 0.06 | 6 | 4 | 0 | <1 |
| 0 | 43 | 1.70 | 15 | 264 | 282 | 0.22 | 11 | 0.06 | 1.06 | 0.04 | 0.91 | 0.02 | 6 | 10 | 0 | 1 |
| 0 | 30 | 2.45 | 52 | 925 | 566 | 0.54 | 12 | 0.14 | 0.00 | 0.13 | 2.44 | 0.09 | 18 | 11 | 0 | 1 |
| 0 | 13 | 0.74 | 22 | 430 | 73 | 0.21 | 18 | 0.05 | — | 0.11 | 1.00 | 0.09 | 6 | 28 | 0 | 1 |
| 0 | 26 | 0.14 | 7 | 138 | 12 | 0.09 | 0 | 0.02 | 0.02 | 0.02 | 0.23 | 0.05 | 7 | 9 | 0 | <1 |
| 0 | 99 | 0.58 | 16 | 146 | 21 | 0.10 | 274 | 0.03 | 1.35 | 0.05 | 0.30 | 0.13 | 85 | 20 | 0 | 1 |
| 0 | 125 | 1.59 | 21 | 184 | 12 | 0.34 | 441 | 0.04 | 2.18 | 0.06 | 0.38 | 0.05 | 32 | 18 | 0 | 1 |

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**TABLE H–1**

**Food Composition** (DA+ code is for Wadsworth Diet Analysis program) (For purposes of calculations, use "0" for t, <1, <.1, <.01, etc.)

| DA + Code | Food Description | Quantity | Measure | Wt (g) | $H_2O$ (g) | Ener (kcal) | Prot (g) | Carb (g) | Fiber (g) | Fat (g) | Fat Breakdown (g) Sat | Mono | Poly | *Trans* |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **VEGETABLES, LEGUMES**—Continued | | | | | | | | | | | | | |
| | **Vegetables, mixed** | | | | | | | | | | | | | |
| 1132 | Canned, drained | ½ | cup(s) | 82 | 71 | 40 | 2 | 8 | 2 | <1 | 0.04 | 0.01 | 0.10 | — |
| 680 | Frozen, boiled, drained | ½ | cup(s) | 91 | 76 | 59 | 3 | 12 | 4 | <1 | 0.03 | 0.01 | 0.07 | — |
| 7489 | Vegetable juice, V8 100% | ½ | cup(s) | 120 | 113 | 25 | 1 | 5 | 1 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 7490 | Vegetable juice, V8 low sodium | ½ | cup(s) | 120 | 113 | 25 | 0 | 7 | 1 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 7491 | Vegetable juice, V8 spicy hot | ½ | cup(s) | 120 | 113 | 25 | 1 | 5 | 1 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| | **Water chestnuts** | | | | | | | | | | | | | |
| 31073 | Sliced, drained | ½ | cup(s) | 75 | 70 | 20 | <1 | 5 | 1 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 31087 | Whole | ½ | cup(s) | 75 | 70 | 20 | <1 | 5 | 1 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 1135 | **Watercress** | 1 | cup(s) | 34 | 32 | 4 | 1 | <1 | <1 | <.1 | 0.01 | 0.00 | 0.01 | — |
| | **NUTS, SEEDS, AND PRODUCTS** | | | | | | | | | | | | | |
| | **Almonds** | | | | | | | | | | | | | |
| 32886 | Blanched | ¼ | cup(s) | 36 | 2 | 211 | 8 | 7 | 4 | 18 | 1.41 | 11.70 | 4.37 | — |
| 32887 | Dry roasted, no salt added | ¼ | cup(s) | 35 | 1 | 206 | 8 | 7 | 4 | 18 | 1.40 | 11.61 | 4.36 | — |
| 29724 | Dry roasted, salted | ¼ | cup(s) | 35 | 1 | 206 | 8 | 7 | 4 | 18 | 1.40 | 11.61 | 4.36 | — |
| 29725 | Oil roasted, salted | ¼ | cup(s) | 39 | 1 | 238 | 8 | 7 | 4 | 22 | 1.65 | 13.66 | 5.31 | — |
| 508 | Slivered | ¼ | cup(s) | 34 | 2 | 195 | 7 | 7 | 4 | 17 | 1.31 | 10.85 | 4.12 | — |
| 1137 | Almond butter, no salt added | 1 | tablespoon(s) | 16 | <1 | 101 | 2 | 3 | 1 | 9 | 0.90 | 6.14 | 1.98 | — |
| 32940 | Almond butter, salt added | 1 | tablespoon(s) | 16 | <1 | 101 | 2 | 3 | 1 | 9 | 0.90 | 6.14 | 1.98 | — |
| 1138 | **Beechnuts, dried** | ¼ | cup(s) | 57 | 4 | 327 | 4 | 19 | 5 | 28 | 3.25 | 12.43 | 11.41 | — |
| 517 | **Brazil nuts, unblanched, dried** | ¼ | cup(s) | 35 | 1 | 230 | 5 | 4 | 3 | 23 | 5.30 | 8.59 | 7.20 | — |
| 1166 | **Breadfruit seeds, roasted** | ¼ | cup(s) | 57 | 28 | 118 | 4 | 23 | 3 | 2 | 0.41 | 0.20 | 0.82 | — |
| 1139 | **Butternuts, dried** | ¼ | cup(s) | 30 | 1 | 184 | 7 | 4 | 1 | 17 | 0.39 | 3.13 | 12.82 | — |
| | **Cashews** | | | | | | | | | | | | | |
| 1140 | Dry roasted | ¼ | cup(s) | 34 | 1 | 197 | 5 | 11 | 1 | 16 | 3.14 | 9.36 | 2.68 | — |
| 518 | Oil roasted | ¼ | cup(s) | 33 | 1 | 189 | 5 | 10 | 1 | 16 | 2.76 | 8.42 | 2.78 | — |
| 32889 | Cashew butter, no salt added | 1 | tablespoon(s) | 16 | <1 | 94 | 3 | 4 | <1 | 8 | 1.56 | 4.66 | 1.34 | — |
| 32931 | Cashew butter, salt added | 1 | tablespoon(s) | 16 | <1 | 94 | 3 | 4 | <1 | 8 | 1.56 | 4.66 | 1.34 | — |
| | **Coconut** | | | | | | | | | | | | | |
| 32896 | Dried, not sweetened | ¼ | cup(s) | 60 | 2 | 393 | 4 | 14 | 10 | 38 | 34.06 | 1.63 | 0.42 | — |
| 1153 | Dried, shredded, sweetened | ¼ | cup(s) | 24 | 3 | 122 | 1 | 12 | 1 | 9 | 7.68 | 0.37 | 0.09 | — |
| 520 | Shredded | ¼ | cup(s) | 21 | 10 | 75 | 1 | 3 | 2 | 7 | 6.27 | 0.30 | 0.08 | — |
| | **Chestnuts** | | | | | | | | | | | | | |
| 1152 | Chinese, roasted | ¼ | cup(s) | 57 | 23 | 136 | 3 | 30 | 0 | 1 | 0.10 | 0.35 | 0.17 | — |
| 32895 | European, boiled & steamed | ¼ | cup(s) | 57 | 39 | 74 | 1 | 16 | 0 | 1 | 0.15 | 0.27 | 0.31 | — |
| 32911 | European, roasted | ¼ | cup(s) | 57 | 23 | 139 | 2 | 30 | 3 | 1 | 0.23 | 0.43 | 0.49 | — |
| 32922 | Japanese, boiled & steamed | ¼ | cup(s) | 57 | 49 | 32 | <1 | 7 | 0 | <1 | 0.02 | 0.06 | 0.03 | — |
| 32923 | Japanese, roasted | ¼ | cup(s) | 57 | 28 | 114 | 2 | 26 | 0 | <1 | 0.07 | 0.24 | 0.12 | — |
| 4958 | **Flaxseeds or linseeds** | ¼ | cup(s) | 57 | 5 | 276 | 11 | 19 | 16 | 19 | 1.79 | 3.85 | 12.54 | — |
| 32904 | **Ginkgo nuts, dried** | ¼ | cup(s) | 57 | 7 | 197 | 6 | 41 | 0 | 1 | 0.22 | 0.42 | 0.42 | — |
| | **Hazelnuts or filberts** | | | | | | | | | | | | | |
| 32901 | Blanched | ¼ | cup(s) | 57 | 3 | 357 | 8 | 10 | 6 | 35 | 2.65 | 27.32 | 3.15 | — |
| 32902 | Dry roasted, no salt added | ¼ | cup(s) | 57 | 1 | 366 | 9 | 10 | 5 | 35 | 2.56 | 26.43 | 4.80 | — |
| 1156 | **Hickorynuts, dried** | ¼ | cup(s) | 30 | 1 | 197 | 4 | 5 | 2 | 19 | 2.11 | 9.78 | 6.57 | — |
| | **Macadamias** | | | | | | | | | | | | | |
| 1157 | Raw | ¼ | cup(s) | 34 | <1 | 241 | 3 | 5 | 3 | 25 | 4.04 | 19.72 | 0.50 | — |
| 32905 | Dry roasted, no salt added | ¼ | cup(s) | 34 | 1 | 241 | 3 | 4 | 3 | 25 | 4.00 | 19.86 | 0.50 | — |
| 32932 | Dry roasted, salt added | ¼ | cup(s) | 34 | 1 | 240 | 3 | 4 | 3 | 25 | 4.00 | 19.86 | 0.50 | — |
| | **Mixed nuts** | | | | | | | | | | | | | |
| 1159 | With peanuts, dry roasted | ¼ | cup(s) | 34 | 1 | 203 | 6 | 9 | 3 | 18 | 2.36 | 10.75 | 3.69 | — |
| 32933 | With peanuts, dry roasted, salt added | ¼ | cup(s) | 34 | 1 | 203 | 6 | 9 | 3 | 18 | 2.36 | 10.75 | 3.69 | — |
| 32906 | Without peanuts, oil roasted, no salt added | ¼ | cup(s) | 36 | 1 | 221 | 6 | 8 | 2 | 20 | 3.27 | 11.93 | 4.12 | — |
| | **Peanuts** | | | | | | | | | | | | | |
| 2807 | Dry roasted | ¼ | cup(s) | 37 | 0 | 214 | 9 | 8 | 3 | 18 | 2.51 | 8.99 | 5.72 | — |
| 2806 | Dry roasted, salted | ¼ | cup(s) | 37 | 0 | 214 | 9 | 8 | 3 | 18 | 2.51 | 8.99 | 5.72 | — |
| 1763 | Oil roasted, salted | ¼ | cup(s) | 36 | 0 | 216 | 10 | 5 | 3 | 19 | 3.12 | 9.33 | 5.49 | — |
| 2804 | Raw | ¼ | cup(s) | 37 | 2 | 207 | 9 | 6 | 3 | 18 | 2.49 | 8.92 | 5.68 | — |
| 1884 | Peanut butter, chunky | 1 | tablespoon(s) | 16 | <1 | 94 | 4 | 3 | 1 | 8 | 1.53 | 3.77 | 2.27 | — |
| 30303 | Peanut butter, low sodium | 1 | tablespoon(s) | 16 | <1 | 95 | 4 | 3 | 1 | 8 | 1.66 | 3.88 | 2.21 | — |
| 30305 | Peanut butter, reduced fat | 1 | tablespoon(s) | 18 | <1 | 94 | 5 | 6 | 1 | 6 | 1.33 | 2.91 | 1.85 | — |
| 524 | Peanut butter, smooth | 1 | tablespoon(s) | 16 | <1 | 96 | 4 | 3 | 1 | 8 | 1.60 | 3.96 | 2.38 | — |
| | **Pecans** | | | | | | | | | | | | | |
| 32907 | Dry roasted, no salt added | ¼ | cup(s) | 57 | 1 | 403 | 5 | 8 | 5 | 42 | 3.56 | 24.92 | 11.66 | — |

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**PAGE KEY:** H–2 = Breads/Baked Goods H–6 = Cereal/Rice/Pasta H–10 = Fruit H–14 = Vegetables/Legumes H–24 = Nuts/Seeds H–26 = Vegetarian H–28 = Dairy H–34 = Eggs H–34 = Seafood H–36 = Meats H–40 = Poultry H–40 = Processed meats H–42 = Beverages H–46 = Fats/Oils H–48 = Sweets H–50 = Spices/Condiments/Sauces H–52 = Mixed foods/Soups/Sandwiches H–58 = Fast food H–74 = Convenience meals H–76 = Baby foods

| Chol (mg) | Calc (mg) | Iron (mg) | Magn (mg) | Pota (mg) | Sodi (mg) | Zinc (mg) | Vit A (µg) | Thia (mg) | Vit E (mg α) | Ribo (mg) | Niac (mg) | Vit $B_6$ (mg) | Fola (µg) | Vit C (mg) | Vit $B_{12}$ (µg) | Sele (µg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 0 | 22 | 0.86 | 13 | 237 | 121 | 0.33 | 474 | 0.04 | 0.28 | 0.04 | 0.47 | 0.06 | 20 | 4 | 0 | <1 |
| 0 | 23 | 0.75 | 20 | 154 | 32 | 0.45 | 195 | 0.06 | 0.40 | 0.11 | 0.77 | 0.07 | 17 | 3 | 0 | <1 |
| 0 | 20 | 0.54 | 13 | 270 | 310 | 0.24 | 50 | 0.05 | — | 0.03 | 0.87 | 0.17 | — | 30 | 0 | — |
| 0 | 20 | 0.36 | — | 420 | 70 | — | 63 | 0.02 | — | 0.02 | 0.75 | — | — | 30 | 0 | — |
| 0 | 20 | 0.36 | 13 | 255 | 370 | 0.24 | 50 | 0.05 | — | 0.03 | 0.88 | 0.17 | — | 18 | 0 | — |
| 0 | 7 | 0.23 | — | — | 6 | — | 0 | — | — | — | — | — | — | 2 | — | — |
| 0 | 7 | 0.23 | — | — | 6 | — | 0 | — | — | — | — | — | — | 2 | — | — |
| 0 | 41 | 0.07 | 7 | 112 | 14 | 0.04 | 80 | 0.03 | 0.34 | 0.04 | 0.07 | 0.04 | 3 | 15 | 0 | <1 |
| 0 | 78 | 1.35 | 100 | 249 | 10 | 1.13 | 0 | 0.07 | 8.96 | 0.20 | 1.33 | 0.04 | 11 | 0 | 0 | 1 |
| 0 | 92 | 1.56 | 99 | 257 | <1 | 1.22 | 0 | 0.03 | 8.97 | 0.30 | 1.33 | 0.04 | 11 | 0 | 0 | 1 |
| 0 | 92 | 1.56 | 99 | 257 | 117 | 1.22 | 0 | 0.03 | 8.97 | 0.30 | 1.33 | 0.04 | 11 | 0 | 0 | 1 |
| 0 | 114 | 1.44 | 108 | 274 | 133 | 1.20 | 0 | 0.04 | 10.19 | 0.31 | 1.44 | 0.05 | 11 | 0 | 0 | 1 |
| 0 | 84 | 1.45 | 93 | 246 | <1 | 1.13 | 0 | 0.08 | 8.73 | 0.27 | 1.32 | 0.04 | 10 | 0 | 0 | 1 |
| 0 | 43 | 0.59 | 48 | 121 | 2 | 0.49 | 0 | 0.02 | — | 0.10 | 0.46 | 0.01 | 10 | <1 | 0 | — |
| 0 | 43 | 0.59 | 48 | 121 | 72 | 0.49 | 0 | 0.02 | — | 0.10 | 0.46 | 0.01 | 10 | <1 | 0 | 1 |
| 0 | 1 | 1.40 | 0 | 578 | 22 | 0.20 | 0 | 0.17 | — | 0.21 | 0.50 | 0.39 | 64 | 9 | 0 | 4 |
| 0 | 56 | 0.85 | 132 | 231 | 1 | 1.42 | 0 | 0.22 | 2.01 | 0.01 | 0.10 | 0.04 | 8 | <1 | 0 | 671 |
| 0 | 49 | 0.51 | 35 | 615 | 16 | 0.59 | 9 | 0.23 | — | 0.14 | 4.20 | 0.24 | 34 | 4 | 0 | 8 |
| 0 | 16 | 1.21 | 71 | 126 | <1 | 0.94 | 2 | 0.11 | — | 0.04 | 0.31 | 0.17 | 20 | 1 | 0 | 5 |
| 0 | 15 | 2.06 | 89 | 194 | 5 | 1.92 | 0 | 0.07 | 0.32 | 0.07 | 0.48 | 0.09 | 24 | 0 | 0 | 4 |
| 0 | 14 | 1.97 | 89 | 205 | 4 | 1.74 | 0 | 0.12 | 0.30 | 0.07 | 0.56 | 0.10 | 8 | <.1 | 0 | 7 |
| 0 | 7 | 0.80 | 41 | 87 | 2 | 0.83 | 0 | 0.05 | — | 0.03 | 0.26 | 0.04 | 11 | 0 | 0 | 2 |
| 0 | 7 | 0.80 | 41 | 87 | 98 | 0.83 | 0 | 0.05 | 0.15 | 0.03 | 0.26 | 0.04 | 11 | 0 | 0 | 2 |
| 0 | 15 | 1.98 | 54 | 323 | 22 | 1.20 | 0 | 0.04 | 0.26 | 0.06 | 0.36 | 0.18 | 5 | 1 | 0 | 11 |
| 0 | 4 | 0.47 | 12 | 82 | 64 | 0.44 | 0 | 0.01 | 0.10 | 0.00 | 0.12 | 0.07 | 2 | <1 | 0 | 4 |
| 0 | 3 | 0.51 | 7 | 75 | 4 | 0.23 | 0 | 0.01 | 0.05 | 0.00 | 0.11 | 0.01 | 5 | 1 | 0 | 2 |
| 0 | 11 | 0.85 | 51 | 271 | 2 | 0.53 | 0 | 0.09 | — | 0.05 | 0.85 | 0.25 | 41 | 22 | 0 | 4 |
| 0 | 26 | 0.98 | 31 | 405 | 15 | 0.14 | 1 | 0.08 | — | 0.06 | 0.41 | 0.13 | 22 | 15 | 0 | — |
| 0 | 16 | 0.52 | 19 | 336 | 1 | 0.32 | 1 | 0.14 | 0.28 | 0.10 | 0.76 | 0.28 | 40 | 15 | 0 | 1 |
| 0 | 6 | 0.30 | 10 | 67 | 3 | 0.23 | 1 | 0.07 | — | 0.03 | 0.31 | 0.06 | 10 | 5 | 0 | — |
| 0 | 20 | 1.19 | 36 | 242 | 11 | 0.81 | 2 | 0.26 | — | — | 0.40 | 0.24 | 33 | 16 | 0 | — |
| 0 | 111 | 3.48 | 203 | 381 | 19 | 2.34 | 0 | 0.10 | — | 0.09 | 0.78 | 0.52 | 156 | 1 | 0 | 3 |
| 0 | 11 | 0.91 | 30 | 566 | 7 | 0.38 | 31 | 0.24 | — | 0.10 | 6.65 | 0.36 | 60 | 17 | 0 | — |
| 0 | 84 | 1.87 | 91 | 373 | 0 | 1.25 | 1 | 0.27 | 9.92 | 0.06 | 0.88 | 0.33 | 44 | 1 | 0 | 2 |
| 0 | 70 | 2.48 | 98 | 428 | 0 | 1.42 | 2 | 0.19 | 8.66 | 0.07 | 1.16 | 0.35 | 50 | 2 | 0 | 2 |
| 0 | 18 | 0.64 | 52 | 131 | <1 | 1.29 | 2 | 0.26 | — | 0.04 | 0.27 | 0.06 | 12 | 1 | 0 | 2 |
| 0 | 28 | 1.24 | 44 | 123 | 2 | 0.44 | 0 | 0.40 | 0.18 | 0.05 | 0.83 | 0.09 | 4 | <1 | 0 | 1 |
| 0 | 23 | 0.89 | 40 | 122 | 1 | 0.43 | 0 | 0.24 | 0.19 | 0.03 | 0.76 | 0.12 | 3 | <1 | 0 | 1 |
| 0 | 23 | 0.89 | 40 | 122 | 89 | 0.43 | 0 | 0.24 | 0.19 | 0.03 | 0.76 | 0.12 | 3 | <1 | 0 | 4 |
| 0 | 24 | 1.27 | 77 | 204 | 4 | 1.30 | <1 | 0.07 | — | 0.07 | 1.61 | 0.10 | 17 | <1 | 0 | 1 |
| 0 | 24 | 1.27 | 77 | 204 | 229 | 1.30 | 0 | 0.07 | 3.75 | 0.07 | 1.61 | 0.10 | 17 | <1 | 0 | 3 |
| 0 | 38 | 0.93 | 90 | 196 | 4 | 1.68 | <1 | 0.18 | — | 0.17 | 0.71 | 0.06 | 20 | <1 | 0 | — |
| 0 | 20 | 0.82 | 64 | 240 | 2 | 1.20 | 0 | 0.15 | 2.56 | 0.03 | 4.93 | 0.09 | 53 | 0 | 0 | 3 |
| 0 | 20 | 0.82 | 64 | 240 | 297 | 1.20 | 0 | 0.15 | 2.89 | 0.03 | 4.93 | 0.09 | 53 | 0 | 0 | 3 |
| 0 | 22 | 0.54 | 63 | 261 | 115 | 1.18 | 0 | 0.03 | 2.50 | 0.03 | 4.97 | 0.16 | 43 | <1 | 0 | 1 |
| 0 | 34 | 1.67 | 61 | 257 | 7 | 1.19 | 0 | 0.23 | 3.04 | 0.05 | 4.40 | 0.13 | 88 | 0 | 0 | 3 |
| 0 | 8 | 0.33 | 31 | 101 | 75 | 0.52 | 0 | 0.02 | 1.01 | 0.02 | 2.19 | 0.07 | 15 | 0 | 0 | 1 |
| 0 | 6 | 0.29 | 25 | 107 | 3 | 0.47 | 0 | 0.01 | 1.23 | 0.02 | 2.14 | 0.07 | 12 | 0 | 0 | — |
| 0 | 6 | 0.34 | 31 | 120 | 97 | 0.50 | 0 | 0.05 | 1.20 | 0.01 | 2.63 | 0.06 | 11 | 0 | 0 | — |
| 0 | 8 | 0.30 | 28 | 88 | 80 | 0.47 | 0 | 0.01 | 1.44 | 0.02 | 2.14 | 0.07 | 12 | 0 | 0 | 1 |
| 0 | 41 | 1.59 | 75 | 240 | 1 | 2.87 | 4 | 0.26 | 0.74 | 0.06 | 0.66 | 0.11 | 9 | <1 | 0 | 2 |

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**TABLE H–1**

**Food Composition** (DA+ code is for Wadsworth Diet Analysis program) (For purposes of calculations, use "0" for t, <1, <.1, <.01, etc.)

| DA + Code | Food Description | Quantity | Measure | Wt (g) | $H_2O$ (g) | Ener (kcal) | Prot (g) | Carb (g) | Fiber (g) | Fat (g) | Fat Breakdown (g) Sat | Mono | Poly | *Trans* |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **NUTS, SEEDS, AND PRODUCTS**—Continued | | | | | | | | | | | | | |
| 32936 | Dry roasted, salt added | ¼ | cup(s) | 57 | 1 | 403 | 5 | 8 | 5 | 42 | 3.56 | 24.92 | 11.66 | — |
| 1162 | Halves, oil roasted | ¼ | cup(s) | 28 | <1 | 197 | 3 | 4 | 3 | 21 | 1.99 | 11.27 | 6.49 | — |
| 526 | Raw | ¼ | cup(s) | 27 | 1 | 187 | 2 | 4 | 3 | 19 | 1.67 | 11.02 | 5.84 | — |
| 12973 | **Pine nuts or pignolia, dried** | 1 | tablespoon(s) | 9 | <1 | 58 | 1 | 1 | <1 | 6 | 0.42 | 1.61 | 2.93 | — |
| | **Pistachios** | | | | | | | | | | | | | |
| 1164 | Dry roasted | ¼ | cup(s) | 32 | 1 | 183 | 7 | 9 | 3 | 15 | 1.78 | 7.75 | 4.45 | — |
| 32938 | Dry roasted, salt added | ¼ | cup(s) | 32 | 1 | 182 | 7 | 9 | 3 | 15 | 1.78 | 7.75 | 4.45 | — |
| 1167 | **Pumpkin or squash seeds, roasted** | ¼ | cup(s) | 57 | 4 | 296 | 19 | 8 | 2 | 24 | 4.52 | 7.43 | 10.90 | — |
| | **Sesame** | | | | | | | | | | | | | |
| 1169 | Sesame seeds, whole, roasted, toasted | 3 | teaspoon(s) | 9 | <1 | 51 | 2 | 2 | 1 | 4 | 0.60 | 1.63 | 1.89 | — |
| 32912 | Sesame butter paste | 1 | tablespoon(s) | 16 | <1 | 95 | 3 | 4 | 1 | 8 | 1.14 | 3.07 | 3.57 | — |
| 32941 | Tahini or sesame butter | 1 | tablespoon(s) | 15 | <1 | 89 | 3 | 3 | 1 | 8 | 1.11 | 3.00 | 3.48 | — |
| | **Soy nuts** | | | | | | | | | | | | | |
| 34173 | Deep sea salted | ¼ | cup(s) | 56 | — | 240 | 24 | 18 | 10 | 8 | 2.00 | — | — | — |
| 34174 | Unsalted | ¼ | cup(s) | 56 | — | 240 | 24 | 18 | 10 | 8 | 2.00 | — | — | — |
| | **Sunflower seeds** | | | | | | | | | | | | | |
| 528 | Kernels, dried | ¼ | cup(s) | 36 | 2 | 205 | 8 | 7 | 4 | 18 | 1.87 | 3.41 | 11.78 | — |
| 29721 | Kernels, dry roasted, salted | ¼ | cup(s) | 32 | <1 | 186 | 6 | 8 | 3 | 16 | 1.67 | 3.04 | 10.52 | — |
| 29723 | Kernels, toasted, salted | ¼ | cup(s) | 34 | <1 | 207 | 6 | 7 | 4 | 19 | 1.99 | 3.63 | 12.56 | — |
| 32928 | Sunflower seed butter, salt added | 1 | tablespoon(s) | 16 | <1 | 93 | 3 | 4 | 0 | 8 | 0.80 | 1.46 | 5.04 | — |
| | **Trail mix** | | | | | | | | | | | | | |
| 4646 | Trail mix | ¼ | cup(s) | 38 | 3 | 173 | 5 | 17 | 2 | 11 | 2.08 | 4.70 | 3.62 | — |
| 4647 | Trail mix with chocolate chips | ¼ | cup(s) | 38 | 2 | 182 | 5 | 17 | 0 | 12 | 2.29 | 5.08 | 4.23 | — |
| 4648 | Tropical trail mix | ¼ | cup(s) | 35 | 3 | 142 | 2 | 23 | 0 | 6 | 2.97 | 0.87 | 1.81 | — |
| | **Walnuts** | | | | | | | | | | | | | |
| 529 | Dried black, chopped | ¼ | cup(s) | 31 | 1 | 193 | 8 | 3 | 2 | 18 | 1.05 | 4.69 | 10.96 | — |
| 531 | English or persian | ¼ | cup(s) | 30 | 1 | 196 | 5 | 4 | 2 | 20 | 1.84 | 2.68 | 14.15 | — |
| | **VEGETARIAN FOODS** | | | | | | | | | | | | | |
| | **Prepared** | | | | | | | | | | | | | |
| 34222 | Brown rice & tofu stir-fry (vegan) | 8 | ounce(s) | 227 | 183 | 228 | 12 | 13 | 3 | 16 | 1.25 | 4.03 | 9.54 | 0 |
| 34368 | Cheese enchilada casserole (lacto) | 8 | ounce(s) | 227 | 86 | 410 | 18 | 41 | 4 | 19 | 10.06 | 6.54 | 1.24 | 0 |
| 34247 | Five bean casserole (vegan) | 8 | ounce(s) | 228 | 178 | 178 | 6 | 26 | 5 | 6 | 1.11 | 2.49 | 1.96 | 0 |
| 34261 | Lentil stew (vegan) | 8 | ounce(s) | 228 | 152 | 125 | 8 | 24 | 7 | <1 | 0.08 | 0.07 | 0.21 | 0 |
| 34397 | Macaroni & cheese (lacto) | 8 | ounce(s) | 226 | 163 | 181 | 8 | 17 | <1 | 9 | 4.37 | 2.88 | 0.89 | 0 |
| 34238 | Steamed rice & vegetables (vegan) | 8 | ounce(s) | 228 | 100 | 265 | 5 | 40 | 3 | 10 | 1.84 | 3.91 | 4.07 | 0 |
| 34308 | Tofu rice burgers (ovo-lacto) | 1 | piece(s) | 218 | 78 | 435 | 22 | 68 | 6 | 8 | 1.69 | 2.39 | 3.52 | — |
| 34276 | Vegan spinach enchiladas (vegan) | 1 | piece(s) | 82 | 59 | 93 | 5 | 15 | 2 | 2 | 0.34 | 0.55 | 1.27 | — |
| 34243 | Vegetable chow mein (vegan) | 8 | ounce(s) | 227 | 163 | 166 | 6 | 22 | 2 | 6 | 0.65 | 2.66 | 2.47 | 0 |
| 34454 | Vegetable lasagna (lacto) | 8 | ounce(s) | 225 | 154 | 177 | 12 | 25 | 2 | 4 | 1.92 | 0.93 | 0.34 | 0 |
| 34339 | Vegetable marinara (vegan) | 8 | ounce(s) | 229 | 182 | 94 | 3 | 15 | 1 | 3 | 0.36 | 1.32 | 0.92 | 0 |
| 34356 | Vegetable rice casserole (lacto) | 8 | ounce(s) | 227 | 172 | 230 | 9 | 24 | 4 | 12 | 4.67 | 3.48 | 2.96 | — |
| 34311 | Vegetable strudel (ovo-lacto) | 8 | ounce(s) | 227 | 100 | 756 | 19 | 51 | 4 | 54 | 18.24 | 26.38 | 6.17 | 0 |
| 34371 | Vegetable taco (lacto) | 1 | item(s) | 227 | 147 | 365 | 13 | 43 | 9 | 17 | 6.45 | 5.81 | 4.02 | — |
| 34282 | Vegetarian chili (vegan) | 8 | ounce(s) | 227 | 196 | 116 | 6 | 21 | 7 | 2 | 0.24 | 0.29 | 0.74 | 0 |
| 34367 | Vegetarian vegetable soup (vegan) | 8 | ounce(s) | 226 | 204 | 92 | 3 | 14 | 2 | 4 | 0.77 | 1.67 | 1.30 | 0 |
| | **Boca burger** | | | | | | | | | | | | | |
| 32067 | All American flamed grilled patty | 1 | item(s) | 71 | — | 110 | 14 | 6 | 4 | 4 | 1.00 | — | — | 0 |
| 32070 | Bigger chef max's favorite | 1 | item(s) | 99 | — | 130 | 18 | 11 | 5 | 4 | 1.00 | 1.00 | 1.50 | — |
| 32069 | Bigger vegan | 1 | item(s) | 99 | — | 120 | 18 | 11 | 6 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 32074 | Boca chik'n nuggets | 4 | item(s) | 87 | — | 190 | 16 | 16 | 2 | 7 | 2.00 | — | — | 0 |
| 32075 | Boca meatless ground burger | ½ | cup(s) | 57 | — | 70 | 11 | 7 | 4 | 1 | 0.00 | — | — | — |
| 32073 | Boca tenders | 1 | item(s) | 85 | — | 140 | 20 | 9 | 3 | 3 | 0.00 | 2.00 | 1.00 | — |
| 32072 | Breakfast links | 2 | item(s) | 45 | — | 100 | 10 | 6 | 5 | 4 | 0.00 | — | — | 0 |
| 32071 | Breakfast patties | 1 | item(s) | 38 | — | 80 | 8 | 5 | 3 | 4 | 0.00 | — | — | 0 |
| 32068 | Roasted garlic patty | 1 | item(s) | 71 | — | 100 | 14 | 7 | 5 | 2 | 0.50 | — | — | 0 |
| 32066 | Vegan original patty | 1 | item(s) | 71 | — | 90 | 13 | 4 | 0 | 1 | 0.00 | — | — | 0 |
| | **Gardenburger** | | | | | | | | | | | | | |
| 37810 | Bbq chik'n with sauce | 1 | item(s) | 142 | — | 250 | 14 | 30 | 5 | 8 | 1.00 | — | — | 0 |
| 39661 | Black bean burger | 1 | item(s) | 71 | — | 80 | 8 | 11 | 4 | 2 | 0.00 | — | — | 0 |
| 39666 | Buffalo chick'n wing | 3 | item(s) | 95 | — | 180 | 9 | 8 | 5 | 12 | 1.50 | — | — | 0 |
| 37808 | Chik'n grill | 1 | item(s) | 71 | — | 100 | 13 | 5 | 3 | 3 | 0.00 | — | — | 0 |
| 39665 | Country fried chicken w/creamy pepper gravy | 1 | item(s) | 142 | — | 190 | 9 | 16 | 2 | 9 | 1.00 | — | — | 0 |
| 37805 | Crispy nuggets | 6 | item(s) | 82 | — | 180 | 4 | 22 | 3 | 9 | 1.50 | — | — | — |
| 39663 | Homestyle classic burger | 1 | item(s) | 71 | — | 110 | 12 | 6 | 4 | 5 | 0.50 | — | — | 0 |

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**PAGE KEY:** H–2 = Breads/Baked Goods H–6 = Cereal/Rice/Pasta H–10 = Fruit H–14 = Vegetables/Legumes H–24 = Nuts/Seeds H–26 = Vegetarian H–28 = Dairy H–34 = Eggs H–34 = Seafood H–36 = Meats H–40 = Poultry H–40 = Processed meats H–42 = Beverages H–46 = Fats/Oils H–48 = Sweets H–50 = Spices/Condiments/Sauces H–52 = Mixed foods/Soups/Sandwiches H–58 = Fast food H–74 = Convenience meals H–76 = Baby foods

| Chol (mg) | Calc (mg) | Iron (mg) | Magn (mg) | Pota (mg) | Sodi (mg) | Zinc (mg) | Vit A (µg) | Thia (mg) | Vit E (mg α) | Ribo (mg) | Niac (mg) | Vit $B_6$ (mg) | Fola (µg) | Vit C (mg) | Vit $B_{12}$ (µg) | Sele (µg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 0 | 41 | 1.59 | 75 | 240 | 217 | 2.87 | 4 | 0.26 | 0.74 | 0.06 | 0.66 | 0.11 | 9 | <1 | 0 | 2 |
| 0 | 18 | 0.68 | 33 | 108 | <1 | 1.23 | 1 | 0.13 | 0.70 | 0.03 | 0.33 | 0.05 | 4 | <1 | 0 | 2 |
| 0 | 19 | 0.68 | 33 | 111 | 0 | 1.22 | 1 | 0.18 | 0.38 | 0.04 | 0.32 | 0.06 | 6 | <1 | 0 | 1 |
| 0 | 1 | 0.48 | 22 | 51 | <1 | 0.55 | <.1 | 0.03 | 0.80 | 0.02 | 0.38 | 0.01 | 6 | <.1 | 0 | <.1 |
| | | | <1 | | | | | | | | | | | | | |
| 0 | 35 | 1.34 | 38 | 333 | <1 | 0.74 | 4 | 0.27 | 0.62 | 0.05 | 0.46 | 0.41 | 16 | 1 | 0 | 3 |
| 0 | 35 | 1.34 | 38 | 333 | <1 | 0.74 | 4 | 0.27 | 0.62 | 0.05 | 0.46 | 0.41 | 16 | 1 | 0 | 3 |
| 0 | 24 | 8.48 | 303 | 457 | 10 | 4.22 | 11 | 0.12 | 0.00 | 0.18 | 0.99 | 0.05 | 32 | 1 | 0 | 3 |
| | | | | | | | | | | | | | | | | |
| 0 | 89 | 1.33 | 32 | 43 | 1 | 0.64 | 0 | 0.07 | — | 0.02 | 0.41 | 0.07 | 9 | 0 | 0 | 1 |
| 0 | 154 | 3.07 | 58 | 93 | 2 | 1.17 | <1 | 0.04 | — | 0.03 | 1.07 | 0.13 | 16 | 0 | 0 | 1 |
| 0 | 21 | 0.66 | 14 | 69 | 5 | 0.69 | <1 | 0.24 | — | 0.02 | 0.85 | 0.02 | 15 | 1 | 0 | <1 |
| | | | | | | | | | | | | | | | | |
| 0 | 120 | 2.16 | — | — | 300 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 0 | 120 | 2.16 | — | — | 20 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| | | | | | | | | | | | | | | | | |
| 0 | 42 | 2.44 | 127 | 248 | 1 | 1.82 | 1 | 0.82 | 12.42 | 0.09 | 1.62 | 0.28 | 82 | 1 | 0 | 21 |
| 0 | 22 | 1.22 | 41 | 272 | 250 | 1.69 | <1 | 0.03 | 8.35 | 0.08 | 2.25 | 0.26 | 76 | <1 | 0 | 25 |
| 0 | 19 | 2.28 | 43 | 164 | 205 | 1.78 | 0 | 0.11 | — | 0.10 | 1.41 | 0.27 | 80 | <1 | 0 | 21 |
| 0 | 20 | 0.76 | 59 | 12 | 83 | 0.85 | <1 | 0.05 | — | 0.05 | 0.85 | 0.13 | 38 | <1 | 0 | — |
| | | | | | | | | | | | | | | | | |
| 0 | 29 | 1.14 | 59 | 257 | 86 | 1.21 | <1 | 0.17 | — | 0.07 | 1.77 | 0.11 | 27 | 1 | 0 | — |
| 2 | 41 | 1.27 | 60 | 243 | 45 | 1.18 | 1 | 0.15 | — | 0.08 | 1.65 | 0.10 | 24 | <1 | 0 | — |
| 0 | 20 | 0.92 | 34 | 248 | 4 | 0.41 | 1 | 0.16 | — | 0.04 | 0.52 | 0.11 | 15 | 3 | 0 | — |
| | | | | | | | | | | | | | | | | |
| 0 | 19 | 0.98 | 63 | 163 | 1 | 1.05 | 1 | 0.02 | 0.56 | 0.04 | 0.15 | 0.18 | 10 | 1 | 0 | 5 |
| 0 | 29 | 0.87 | 47 | 132 | 1 | 0.93 | <1 | 0.10 | 0.21 | 0.05 | 0.34 | 0.16 | 29 | <1 | 0 | 1 |
| | | | | | | | | | | | | | | | | |
| 0 | 266 | 4.73 | 88 | 375 | 112 | 1.51 | 121 | 0.14 | 0.07 | 0.12 | 1.08 | 0.28 | 32 | 18 | 0 | 11 |
| 42 | 468 | 2.58 | 37 | 204 | 1219 | 1.96 | 107 | 0.33 | 0.06 | 0.38 | 2.38 | 0.11 | 77 | 22 | <1 | 22 |
| 0 | 48 | 1.71 | 42 | 367 | 618 | 0.60 | 54 | 0.09 | 0.53 | 0.08 | 0.93 | 0.11 | 33 | 8 | <.1 | 4 |
| 0 | 23 | 2.35 | 31 | 380 | 289 | 0.87 | 18 | 0.14 | 0.14 | 0.10 | 1.50 | 0.16 | 61 | 13 | 0 | 9 |
| 22 | 187 | 0.77 | 20 | 120 | 768 | 1.11 | 82 | 0.15 | 0.29 | 0.24 | 1.02 | 0.04 | 39 | <.1 | <1 | 16 |
| 0 | 41 | 1.43 | 68 | 358 | 1403 | 0.91 | 86 | 0.16 | 3.05 | 0.12 | 2.76 | 0.30 | 28 | 13 | <.1 | 8 |
| 51 | 468 | 4.78 | 90 | 455 | 2454 | 2.07 | 82 | 0.27 | 0.12 | 0.27 | 3.43 | 0.30 | 99 | 2 | <1 | 43 |
| 0 | 117 | 1.13 | 40 | 168 | 134 | 0.68 | 26 | 0.07 | — | 0.07 | 0.54 | 0.11 | 46 | 1 | 0 | 5 |
| 0 | 190 | 3.65 | 28 | 302 | 371 | 0.74 | 8 | 0.13 | 0.06 | 0.12 | 1.43 | 0.15 | 47 | 7 | 0 | 6 |
| 10 | 144 | 1.91 | 33 | 393 | 637 | 1.06 | 31 | 0.20 | 0.05 | 0.27 | 2.07 | 0.21 | 64 | 15 | <1 | 19 |
| 0 | 15 | 0.85 | 17 | 180 | 378 | 0.35 | 18 | 0.13 | 0.50 | 0.08 | 1.25 | 0.11 | 41 | 20 | 0 | 10 |
| 16 | 176 | 1.72 | 28 | 395 | 609 | 1.19 | 121 | 0.16 | 0.35 | 0.29 | 1.93 | 0.18 | 92 | 54 | <1 | 6 |
| 46 | 318 | 3.36 | 39 | 299 | 813 | 1.98 | 288 | 0.45 | 0.21 | 0.50 | 4.52 | 0.16 | 123 | 27 | <1 | 31 |
| 21 | 231 | 2.58 | 83 | 550 | 893 | 1.80 | 81 | 0.23 | 0.10 | 0.18 | 1.48 | 0.25 | 132 | 12 | <1 | 10 |
| <1 | 68 | 2.42 | 41 | 532 | 383 | 0.78 | 46 | 0.13 | 0.15 | 0.13 | 1.26 | 0.18 | 58 | 16 | 0 | 5 |
| 0 | 37 | 1.32 | 28 | 443 | 503 | 0.44 | 109 | 0.11 | 0.55 | 0.08 | 1.54 | 0.22 | 38 | 24 | <.1 | 1 |
| | | | | | | | | | | | | | | | | |
| 3 | 150 | 1.80 | — | — | 370 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 5 | 150 | 2.70 | — | — | 400 | — | — | — | — | — | — | — | — | 0 | — | — |
| 0 | 60 | 1.80 | — | — | 380 | — | 0 | — | — | — | — | — | — | 2 | — | — |
| 0 | 80 | 1.80 | — | 220 | 570 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 0 | 80 | 1.44 | — | — | 220 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 0 | 80 | 1.08 | — | — | 440 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 0 | 60 | 1.44 | — | — | 330 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 0 | 60 | 1.44 | — | — | 260 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 3 | 100 | 1.80 | — | — | 400 | — | 0 | — | — | — | — | — | — | 1 | — | — |
| 0 | 80 | 1.80 | — | — | 350 | — | 0 | — | — | — | — | — | — | 1 | — | — |
| | | | | | | | | | | | | | | | | |
| 0 | 150 | 1.08 | — | — | 890 | — | — | — | — | — | — | — | — | 0 | — | — |
| 0 | 40 | 1.44 | — | — | 330 | — | — | — | — | — | — | — | — | 0 | — | — |
| 0 | 40 | 0.72 | — | — | 1000 | — | — | — | — | — | — | — | — | 0 | — | — |
| 0 | 60 | 3.60 | — | — | 360 | — | — | — | — | — | — | — | — | 0 | — | — |
| | | | | | | | | | | | | | | | | |
| 5 | 40 | 1.44 | — | — | 550 | — | — | — | — | — | — | — | — | 0 | — | — |
| 5 | 60 | 0.72 | — | — | 570 | — | — | — | — | — | — | — | — | 5 | — | — |
| 0 | 80 | 1.44 | — | — | 380 | — | — | — | — | — | — | — | — | 0 | — | — |

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**TABLE H–1**

**Food Composition** (DA+ code is for Wadsworth Diet Analysis program) (For purposes of calculations, use "0" for t, <1, <.1, <.01, etc.)

| DA + Code | Food Description | Quantity | Measure | Wt (g) | $H_2O$ (g) | Ener (kcal) | Prot (g) | Carb (g) | Fiber (g) | Fat (g) | Fat Breakdown (g) Sat | Mono | Poly | *Trans* |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **VEGETARIAN FOODS**—Continued | | | | | | | | | | | | | |
| 37807 | Meatless breakfast sausage | 1 | item(s) | 43 | — | 50 | 5 | 2 | 2 | 4 | 0.00 | — | — | 0 |
| 37809 | Meatless meatballs | 6 | item(s) | 85 | — | 110 | 12 | 8 | 4 | 5 | 1.00 | — | — | 0 |
| 37806 | Meatless riblets w/sauce | 1 | item(s) | 142 | — | 210 | 17 | 11 | 4 | 5 | 0.00 | — | — | 0 |
| 29913 | Original | 3 | ounce(s) | 85 | — | 132 | 7 | 19 | 4 | 4 | 1.80 | 1.80 | 0.60 | 0 |
| 31707 | Santa Fe | 3 | ounce(s) | 85 | — | 156 | — | 24 | 5 | 3 | 1.20 | — | — | — |
| 29915 | Veggie medley | 3 | ounce(s) | 85 | — | 108 | 6 | 22 | 4 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| | **Loma Linda** | | | | | | | | | | | | | |
| 9311 | Big franks | 1 | item(s) | 51 | 30 | 110 | 10 | 2 | 2 | 7 | 1.00 | 2.00 | 4.00 | 0 |
| 9315 | Chik'n nuggets | 5 | item(s) | 85 | 40 | 240 | 14 | 13 | 4 | 15 | 2.00 | 4.50 | 8.00 | 0 |
| 9317 | Corn dogs | 1 | item(s) | 71 | 31 | 150 | 7 | 22 | 3 | 4 | 0.50 | 1.00 | 2.50 | 0 |
| 9323 | Fried chik'n with gravy | 2 | piece(s) | 80 | 46 | 150 | 12 | 5 | 2 | 10 | 1.50 | 2.50 | 5.00 | 0 |
| 9326 | Linketts, canned | 1 | item(s) | 35 | 21 | 70 | 7 | 1 | 1 | 5 | 0.50 | 1.00 | 2.50 | 0 |
| 9336 | Redi-Burger patties, canned | 1 | slice(s) | 85 | 50 | 120 | 18 | 7 | 4 | 3 | 0.50 | 0.50 | 1.50 | 0 |
| 9354 | Tender Rounds meatball substitute, canned in gravy | 6 | piece(s) | 80 | 54 | 120 | 13 | 6 | 1 | 5 | 0.50 | 1.00 | 2.50 | 0 |
| | **Morningstar Farms** | | | | | | | | | | | | | |
| 33707 | America's Original Veggie Dog links | 1 | item(s) | 57 | — | 80 | 11 | 6 | 1 | 1 | 0.00 | 0.00 | 0.00 | 0 |
| 9362 | Better n Eggs egg substitute | ¼ | cup(s) | 57 | 50 | 20 | 5 | 0 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 9368 | Breakfast links | 2 | item(s) | 45 | 27 | 80 | 9 | 3 | 2 | 3 | 0.50 | 0.50 | 2.00 | 0 |
| 9371 | Breakfast strips | 2 | item(s) | 16 | 7 | 60 | 2 | 2 | 1 | 5 | 0.50 | 1.00 | 3.00 | 0 |
| 33705 | Chik Nuggets | 4 | piece(s) | 86 | — | 180 | 13 | 17 | 5 | 6 | 0.50 | 1.50 | 4.00 | — |
| 11587 | Chik Patties | 1 | item(s) | 71 | 36 | 150 | 9 | 16 | 2 | 6 | 1.00 | 1.50 | 2.50 | — |
| 2531 | Garden veggie patties | 1 | item(s) | 67 | 40 | 100 | 10 | 9 | 4 | 3 | 0.50 | 0.50 | 1.50 | 0 |
| 9412 | Natural Touch low fat vegetarian chili, canned | 1 | cup(s) | 230 | 173 | 170 | 18 | 21 | 11 | 1 | — | — | — | 0 |
| 33702 | Spicy black bean veggie burger | 1 | item(s) | 78 | 47 | 150 | 11 | 16 | 5 | 5 | 0.50 | 1.50 | 2.50 | 0 |
| | **Worthington** | | | | | | | | | | | | | |
| 9422 | Chik Stiks | 1 | item(s) | 47 | 27 | 110 | 10 | 4 | 2 | 6 | 1.00 | 1.00 | 3.00 | 0 |
| 9424 | Chili, canned | 1 | cup(s) | 230 | 167 | 290 | 19 | 21 | 9 | 15 | 2.50 | 3.50 | 9.00 | 0 |
| 9432 | Crispychik patties | 1 | item(s) | 71 | 37 | 150 | 9 | 16 | 2 | 6 | 1.00 | 1.50 | 3.50 | 0 |
| 9440 | Dinner roast, frozen | 1 | slice(s) | 85 | 53 | 180 | 12 | 5 | 3 | 12 | 1.50 | 5.00 | 5.00 | 0 |
| 9442 | Fillets, frozen | 2 | piece(s) | 85 | 48 | 180 | 16 | 8 | 4 | 9 | 1.00 | 3.50 | 4.50 | 0 |
| 9478 | Meatless smoked beef, sliced | 6 | slice(s) | 57 | — | 130 | 11 | 7 | 1 | 7 | 1.00 | 2.00 | 4.00 | 0 |
| 9480 | Meatless smoked turkey, sliced | 3 | slice(s) | 57 | — | 140 | 10 | 5 | 0 | 9 | 1.00 | 2.50 | 5.00 | — |
| 9462 | Prosage links | 2 | item(s) | 45 | 27 | 80 | 9 | 3 | 2 | 3 | 0.50 | 0.50 | 2.00 | 0 |
| 9486 | Stripples bacon substitute | 2 | item(s) | 16 | 7 | 60 | 2 | 2 | 1 | 5 | 0.50 | 1.00 | 2.50 | 0 |
| 9496 | Vegetable Skallops | ½ | cup(s) | 85 | 65 | 90 | 15 | 3 | 3 | 2 | 0.50 | 0.50 | 0.00 | 0 |
| 9434 | Vegetarian cutlets | 1 | slice(s) | 61 | 43 | 70 | 11 | 3 | 2 | 1 | — | — | — | — |
| | **DAIRY** | | | | | | | | | | | | | |
| | **Butter: *see* Fats & Oils** | | | | | | | | | | | | | |
| | **Cheese** | | | | | | | | | | | | | |
| 1433 | Blue, crumbled | 1 | ounce(s) | 28 | 12 | 100 | 6 | 1 | 0 | 8 | 5.29 | 2.21 | 0.23 | — |
| 884 | Brick | 1 | ounce(s) | 28 | 12 | 104 | 7 | 1 | 0 | 8 | 5.25 | 2.41 | 0.22 | — |
| 885 | Brie | 1 | ounce(s) | 28 | 14 | 94 | 6 | <1 | 0 | 8 | 4.87 | 2.24 | 0.23 | — |
| 34821 | Camembert | 1 | ounce(s) | 29 | 15 | 87 | 6 | <1 | 0 | 7 | 4.43 | 2.04 | 0.21 | — |
| 888 | Cheddar or colby | 1 | ounce(s) | 28 | 11 | 110 | 7 | 1 | 0 | 9 | 5.66 | 2.60 | 0.27 | — |
| 32096 | Cheddar or colby, low fat | 1 | ounce(s) | 28 | 18 | 49 | 7 | 1 | 0 | 2 | 1.23 | 0.59 | 0.06 | — |
| 5 | Cheddar, shredded | ¼ | cup(s) | 28 | 10 | 114 | 7 | <1 | 0 | 9 | 5.96 | 2.65 | 0.27 | — |
| 889 | Edam | 1 | ounce(s) | 28 | 12 | 100 | 7 | <1 | 0 | 8 | 4.92 | 2.28 | 0.19 | — |
| 890 | Feta | 1 | ounce(s) | 28 | 15 | 74 | 4 | 1 | 0 | 6 | 4.18 | 1.29 | 0.17 | — |
| 891 | Fontina | 1 | ounce(s) | 28 | 11 | 109 | 7 | <1 | 0 | 9 | 5.37 | 2.43 | 0.46 | — |
| 8527 | Goat, soft | 1 | ounce(s) | 28 | 17 | 76 | 5 | <1 | 0 | 6 | 4.14 | 1.37 | 0.14 | — |
| 893 | Gouda | 1 | ounce(s) | 28 | 12 | 100 | 7 | 1 | 0 | 8 | 4.93 | 2.17 | 0.18 | — |
| 894 | Gruyere | 1 | ounce(s) | 28 | 9 | 116 | 8 | <1 | 0 | 9 | 5.30 | 2.81 | 0.49 | — |
| 895 | Limburger | 1 | ounce(s) | 28 | 14 | 92 | 6 | <1 | 0 | 8 | 4.69 | 2.41 | 0.14 | — |
| 896 | Monterey jack | 1 | ounce(s) | 28 | 11 | 104 | 7 | <1 | 0 | 8 | 5.34 | 2.45 | 0.25 | — |
| 13 | Mozzarella, part skim milk | 1 | ounce(s) | 28 | 15 | 71 | 7 | 1 | 0 | 4 | 2.83 | 1.26 | 0.13 | — |
| 12 | Mozzarella, whole milk | 1 | ounce(s) | 28 | 14 | 84 | 6 | 1 | 0 | 6 | 3.68 | 1.84 | 0.21 | — |
| 897 | Muenster | 1 | ounce(s) | 28 | 12 | 103 | 7 | <1 | 0 | 8 | 5.35 | 2.44 | 0.19 | — |
| 898 | Neufchatel | 1 | ounce(s) | 28 | 17 | 73 | 3 | 1 | 0 | 7 | 4.14 | 1.90 | 0.18 | — |
| 14 | Parmesan, grated | 1 | tablespoon(s) | 5 | 1 | 22 | 2 | <1 | 0 | 1 | 0.87 | 0.42 | 0.06 | — |
| 17 | Provolone | 1 | ounce(s) | 28 | 11 | 98 | 7 | 1 | 0 | 7 | 4.78 | 2.07 | 0.22 | — |
| 19 | Ricotta, part skim milk | ¼ | cup(s) | 62 | 46 | 85 | 7 | 3 | 0 | 5 | 3.03 | 1.42 | 0.16 | — |
| 18 | Ricotta, whole milk | ¼ | cup(s) | 62 | 44 | 107 | 7 | 2 | 0 | 8 | 5.10 | 2.23 | 0.24 | — |
| 20 | Romano | 1 | tablespoon(s) | 5 | 2 | 19 | 2 | <1 | 0 | 1 | 0.86 | 0.39 | 0.03 | — |

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**PAGE KEY:** H–2 = Breads/Baked Goods H–6 = Cereal/Rice/Pasta H–10 = Fruit H–14 = Vegetables/Legumes H–24 = Nuts/Seeds H–26 = Vegetarian H–28 = Dairy H–34 = Eggs H–34 = Seafood H–36 = Meats H–40 = Poultry H–40 = Processed meats H–42 = Beverages H–46 = Fats/Oils H–48 = Sweets H–50 = Spices/Condiments/Sauces H–52 = Mixed foods/Soups/Sandwiches H–58 = Fast food H–74 = Convenience meals H–76 = Baby foods

| Chol (mg) | Calc (mg) | Iron (mg) | Magn (mg) | Pota (mg) | Sodi (mg) | Zinc (mg) | Vit A (µg) | Thia (mg) | Vit E (mg α) | Ribo (mg) | Niac (mg) | Vit $B_6$ (mg) | Fola (µg) | Vit C (mg) | Vit $B_{12}$ (µg) | Sele (µg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 0 | 20 | 0.72 | — | — | 120 | — | — | — | — | — | — | — | — | 0 | — | — |
| 0 | 60 | 1.80 | — | — | 400 | — | — | — | — | — | — | — | — | 0 | — | — |
| 0 | 60 | 1.80 | — | — | 720 | — | — | — | — | — | — | — | — | 4 | — | — |
| 24 | 72 | 0.00 | 37 | 232 | 672 | 1.07 | 0 | 0.12 | — | 0.18 | 1.30 | 0.10 | 12 | 0 | <1 | 8 |
| 24 | 96 | 0.00 | — | — | 336 | — | 0 | — | — | — | — | — | — | 0 | | 0 |
| 0 | 48 | 0.00 | 32 | 218 | 336 | 0.55 | — | 0.08 | — | 0.10 | 1.08 | 0.11 | 13 | 0 | <.1 | 5 |
| | | | | | | | | | | | | | | | | |
| 0 | 0 | 0.77 | — | 50 | 240 | 0.89 | 0 | 0.23 | — | 0.43 | 1.60 | 0.04 | — | 0 | 1 | — |
| 0 | 20 | 1.44 | — | 210 | 410 | 0.43 | 0 | 0.75 | — | 0.51 | 6.00 | 0.90 | — | 0 | 3 | — |
| 0 | 0 | 1.08 | — | 60 | 500 | 0.43 | 0 | 0.72 | — | 0.61 | 1.47 | 0.87 | — | 0 | 2 | — |
| 0 | 20 | 1.80 | — | 70 | 430 | 0.34 | 0 | 1.05 | — | 0.34 | 4.00 | 0.30 | — | 0 | 2 | — |
| 0 | 0 | 0.36 | — | 15 | 160 | 0.46 | 0 | 0.12 | — | 0.20 | 0.40 | 0.20 | — | 0 | 1 | — |
| 0 | 0 | 1.06 | — | 140 | 450 | 1.11 | 0 | 0.23 | — | 0.34 | 6.00 | 0.40 | — | 0 | 2 | — |
| 0 | 20 | 1.08 | — | 80 | 340 | 0.66 | 0 | 0.75 | — | 0.17 | 2.00 | 0.16 | — | 0 | 1 | — |
| | | | | | | | | | | | | | | | | |
| 0 | 0 | 0.72 | — | 60 | 580 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 0 | 20 | 0.63 | — | 75 | 90 | 0.60 | 75 | 0.03 | — | 0.34 | 0.00 | 0.08 | 24 | 0 | 1 | — |
| 0 | 0 | 1.44 | — | 50 | 320 | 0.36 | 0 | 1.80 | — | 0.17 | 2.00 | 0.30 | — | 0 | 3 | — |
| 0 | 0 | 0.27 | — | 15 | 220 | 0.05 | 0 | 0.75 | — | 0.04 | 0.40 | 0.07 | — | 0 | <1 | — |
| 0 | 40 | 3.60 | — | 330 | 590 | — | 0 | 1.20 | — | 0.26 | 5.00 | 0.40 | — | 0 | 3 | — |
| 0 | 0 | 1.80 | — | 210 | 540 | 0.31 | 0 | 1.80 | — | 0.17 | 2.00 | 0.20 | — | 0 | 1 | — |
| 0 | 40 | 0.72 | — | 180 | 350 | 0.58 | — | 6.47 | — | 0.10 | 0.00 | 0.00 | — | 0 | 0 | — |
| | | | | | | | | | | | | | | | | |
| 0 | 40 | 1.80 | — | 480 | 870 | 1.36 | — | 0.60 | — | 0.21 | 0.00 | 0.30 | — | 0 | 0 | — |
| 0 | 40 | 1.80 | 44 | 320 | 470 | 0.93 | 0 | — | — | 0.14 | 0.00 | 0.21 | — | 0 | <.1 | — |
| | | | | | | | | | | | | | | | | |
| 0 | 20 | 1.80 | — | 100 | 300 | 0.31 | 0 | 0.60 | — | 0.17 | 6.00 | 0.40 | — | 0 | 2 | — |
| 0 | 40 | 3.60 | — | 420 | 1130 | 1.24 | 0 | 0.06 | — | 0.07 | 2.00 | 0.70 | — | 0 | 2 | — |
| 0 | 0 | 1.80 | — | 170 | 440 | 0.33 | 0 | 1.80 | — | 0.17 | 2.00 | 0.20 | — | 0 | 1 | — |
| 3 | 40 | 0.36 | — | 55 | 580 | 0.64 | 0 | 1.80 | — | 0.26 | 6.00 | 0.60 | — | 0 | 2 | — |
| 0 | 0 | 1.80 | — | 130 | 750 | 0.92 | 0 | 0.68 | — | 0.14 | 0.80 | 0.40 | — | 0 | 3 | — |
| 0 | 20 | 1.80 | — | 180 | 510 | 0.14 | 0 | 1.80 | — | 0.17 | 6.00 | 0.40 | — | 0 | 2 | — |
| 0 | 100 | 2.70 | — | 60 | 490 | 0.23 | 0 | 1.80 | — | 0.17 | 6.00 | 0.40 | — | 0 | 3 | — |
| 0 | 0 | 1.44 | — | 50 | 320 | 0.36 | 0 | 1.80 | — | 0.17 | 2.00 | 0.30 | — | 0 | 3 | — |
| 0 | 0 | 0.36 | — | 15 | 220 | 0.05 | 0 | 0.75 | — | 0.03 | 0.40 | 0.08 | — | 0 | <1 | — |
| 0 | 0 | 0.72 | — | 10 | 410 | 0.67 | 0 | 0.03 | — | 0.03 | 0.00 | 0.01 | — | 0 | 0 | — |
| 0 | 0 | 0.00 | — | 30 | 340 | 0.43 | 0 | 0.03 | — | 0.04 | 0.00 | 0.04 | — | 0 | 0 | — |
| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| 21 | 150 | 0.09 | 7 | 73 | 395 | 0.75 | 56 | 0.01 | 0.07 | 0.11 | 0.29 | 0.05 | 10 | 0 | <1 | 4 |
| 26 | 189 | 0.12 | 7 | 38 | 157 | 0.73 | 82 | 0.00 | 0.07 | 0.10 | 0.03 | 0.02 | 6 | 0 | <1 | 4 |
| 28 | 52 | 0.14 | 6 | 43 | 176 | 0.67 | 49 | 0.02 | 0.07 | 0.15 | 0.11 | 0.07 | 18 | 0 | <1 | 4 |
| 21 | 112 | 0.10 | 6 | 54 | 244 | 0.69 | — | 0.01 | — | 0.14 | 0.18 | 0.07 | 18 | 0 | <1 | 4 |
| 27 | 192 | 0.21 | 7 | 36 | 169 | 0.86 | 74 | 0.00 | 0.08 | 0.11 | 0.03 | 0.02 | 5 | 0 | <1 | 4 |
| 6 | 118 | 0.12 | 5 | 19 | 174 | 0.52 | 17 | 0.00 | 0.02 | 0.06 | 0.01 | 0.01 | 3 | 0 | <1 | 4 |
| 30 | 204 | 0.19 | 8 | 28 | 175 | 0.88 | 75 | 0.01 | 0.08 | 0.11 | 0.02 | 0.02 | 5 | 0 | <1 | 4 |
| 25 | 205 | 0.12 | 8 | 53 | 270 | 1.05 | 68 | 0.01 | 0.07 | 0.11 | 0.02 | 0.02 | 4 | 0 | <1 | 4 |
| 25 | 138 | 0.18 | 5 | 17 | 312 | 0.81 | 35 | 0.04 | 0.05 | 0.24 | 0.28 | 0.12 | 9 | 0 | <1 | 4 |
| 32 | 154 | 0.06 | 4 | 18 | 224 | 0.98 | 73 | 0.01 | 0.08 | 0.06 | 0.04 | 0.02 | 2 | 0 | <1 | 4 |
| 13 | 40 | 0.54 | 5 | 7 | 105 | 0.26 | 82 | 0.02 | 0.05 | 0.11 | 0.12 | 0.07 | 3 | 0 | <.1 | 1 |
| 32 | 196 | 0.07 | 8 | 34 | 229 | 1.09 | 46 | 0.01 | 0.07 | 0.09 | 0.02 | 0.02 | 6 | 0 | <1 | 4 |
| 31 | 283 | 0.05 | 10 | 23 | 94 | 1.09 | 76 | 0.02 | 0.08 | 0.08 | 0.03 | 0.02 | 3 | 0 | <1 | 4 |
| 25 | 139 | 0.04 | 6 | 36 | 224 | 0.59 | 95 | 0.02 | 0.06 | 0.14 | 0.04 | 0.02 | 16 | 0 | <1 | 4 |
| 25 | 209 | 0.20 | 8 | 23 | 150 | 0.84 | 55 | 0.00 | 0.07 | 0.11 | 0.03 | 0.02 | 5 | 0 | <1 | 4 |
| 18 | 219 | 0.06 | 6 | 24 | 173 | 0.77 | 36 | 0.01 | 0.04 | 0.08 | 0.03 | 0.02 | 3 | 0 | <1 | 4 |
| 22 | 141 | 0.12 | 6 | 21 | 176 | 0.82 | 50 | 0.01 | 0.05 | 0.08 | 0.03 | 0.01 | 2 | 0 | 1 | 5 |
| 27 | 201 | 0.11 | 8 | 38 | 176 | 0.79 | 83 | 0.00 | 0.07 | 0.09 | 0.03 | 0.02 | 3 | 0 | <1 | 4 |
| 21 | 21 | 0.08 | 2 | 32 | 112 | 0.15 | 83 | 0.00 | — | 0.05 | 0.04 | 0.01 | 3 | 0 | <.1 | 1 |
| 4 | 55 | 0.05 | 2 | 6 | 76 | 0.19 | 6 | 0.00 | 0.01 | 0.02 | 0.01 | 0.00 | 1 | 0 | <1 | 1 |
| 19 | 212 | 0.15 | 8 | 39 | 245 | 0.90 | 66 | 0.01 | 0.06 | 0.09 | 0.04 | 0.02 | 3 | 0 | <1 | 4 |
| 19 | 167 | 0.27 | 9 | 77 | 77 | 0.82 | 66 | 0.01 | 0.04 | 0.11 | 0.05 | 0.01 | 8 | 0 | <1 | 10 |
| 31 | 127 | 0.23 | 7 | 65 | 52 | 0.71 | 74 | 0.01 | 0.07 | 0.12 | 0.06 | 0.03 | 7 | 0 | <1 | 9 |
| 5 | 53 | 0.04 | 2 | 4 | 60 | 0.13 | 5 | 0.00 | 0.01 | 0.02 | 0.00 | 0.00 | <1 | 0 | <.1 | 1 |

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**TABLE H–1**

## Food Composition

(DA+ code is for Wadsworth Diet Analysis program) (For purposes of calculations, use "0" for t, <1, <.1, <.01, etc.)

| DA + Code | Food Description | Quantity | Measure | Wt (g) | $H_2O$ (g) | Ener (kcal) | Prot (g) | Carb (g) | Fiber (g) | Fat (g) | Fat Breakdown (g) Sat | Mono | Poly | *Trans* |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **DAIRY**—Continued | | | | | | | | | | | | | |
| 900 | Roquefort | 1 | ounce(s) | 28 | 11 | 103 | 6 | 1 | 0 | 9 | 5.39 | 2.37 | 0.37 | — |
| 21 | Swiss | 1 | ounce(s) | 28 | 10 | 106 | 8 | 2 | 0 | 8 | 4.98 | 2.04 | 0.27 | — |
| | **Imitation cheese** | | | | | | | | | | | | | |
| 7998 | Shredded imitation cheddar | ¼ | cup(s) | 28 | — | 90 | 5 | 2 | 0 | 7 | 1.50 | — | — | — |
| 8028 | Shredded imitation mozzarella | ¼ | cup(s) | 28 | — | 80 | 6 | 1 | 0 | 6 | 1.00 | — | — | — |
| | **Cottage Cheese** | | | | | | | | | | | | | |
| 9 | Low fat, 1% fat | ½ | cup(s) | 113 | 93 | 81 | 14 | 3 | 0 | 1 | 0.73 | 0.33 | 0.04 | — |
| 8 | Low fat, 2% fat | ½ | cup(s) | 113 | 90 | 102 | 16 | 4 | 0 | 2 | 1.38 | 0.62 | 0.07 | — |
| | **Cream cheese** | | | | | | | | | | | | | |
| 11 | Cream cheese | 2 | tablespoon(s) | 29 | 16 | 101 | 2 | 1 | 0 | 10 | 6.37 | 2.85 | 0.37 | — |
| 17366 | Fat free cream cheese | 2 | tablespoon(s) | 30 | 23 | 29 | 4 | 2 | 0 | <1 | 0.27 | 0.10 | 0.02 | — |
| 10438 | Tofutti Better Than Cream Cheese | 2 | tablespoon(s) | 30 | — | 80 | 1 | 1 | 0 | 8 | 2.00 | — | 6.00 | — |
| | **Processed cheese** | | | | | | | | | | | | | |
| 22 | American cheese, processed | 1 | ounce(s) | 28 | 11 | 106 | 6 | <1 | 0 | 9 | 5.58 | 2.54 | 0.28 | — |
| 24 | American cheese food, processed | 1 | ounce(s) | 28 | 12 | 94 | 5 | 2 | 0 | 7 | 4.23 | 2.05 | 0.31 | — |
| 25 | American cheese spread, processed | 1 | ounce(s) | 28 | 14 | 82 | 5 | 2 | 0 | 6 | 3.78 | 1.77 | 0.18 | — |
| 9110 | Kraft deluxe singles pasteurized process American cheese | 1 | ounce(s) | 28 | — | 110 | 5 | 1 | 0 | 9 | 6.00 | — | — | — |
| 23 | Swiss cheese, processed | 1 | ounce(s) | 28 | 12 | 95 | 7 | 1 | 0 | 7 | 4.55 | 2.00 | 0.18 | — |
| | **Soy cheese** | | | | | | | | | | | | | |
| 10430 | Nu Tofu cheddar flavored cheese alternative | 1 | ounce(s) | 28 | — | 70 | 6 | 1 | 0 | 4 | 0.50 | 2.50 | 1.00 | — |
| 10435 | Nu Tofu mozzarella flavored cheese alternative | 1 | ounce(s) | 28 | — | 70 | 6 | 2 | 0 | 4 | 0.50 | 2.50 | 1.00 | — |
| | **Cream** | | | | | | | | | | | | | |
| 26 | Half & half | 1 | tablespoon(s) | 15 | 12 | 20 | <1 | 1 | 0 | 2 | 1.07 | 0.50 | 0.06 | — |
| 28 | Light coffee or table, liquid | 1 | tablespoon(s) | 15 | 11 | 29 | <1 | 1 | 0 | 3 | 1.80 | 0.84 | 0.11 | — |
| 30 | Light whipping cream, liquid | 1 | tablespoon(s) | 15 | 10 | 44 | <1 | <1 | 0 | 5 | 2.90 | 1.36 | 0.13 | — |
| 32 | Heavy whipping cream, liquid | 1 | tablespoon(s) | 15 | 9 | 52 | <1 | <1 | 0 | 6 | 3.45 | 1.60 | 0.21 | — |
| 34 | Whipped cream topping, pressurized | 1 | tablespoon(s) | 4 | 2 | 10 | <1 | <1 | 0 | 1 | 0.52 | 0.24 | 0.03 | — |
| | **Sour cream** | | | | | | | | | | | | | |
| 36 | Sour cream | 2 | tablespoon(s) | 24 | 17 | 51 | 1 | 1 | 0 | 5 | 3.13 | 1.45 | 0.19 | — |
| 30556 | Fat free sour cream | 2 | tablespoon(s) | 32 | 26 | 24 | 1 | 5 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| | **Imitation cream** | | | | | | | | | | | | | |
| 3659 | Coffeemate nondairy creamer, liquid | 1 | tablespoon(s) | 16 | — | 20 | 0 | 2 | 0 | 1 | 0.00 | 0.50 | 0.00 | — |
| 40 | Cream substitute, powder | 1 | teaspoon(s) | 2 | <.1 | 11 | <.1 | 1 | 0 | 1 | 0.65 | 0.02 | 0.00 | — |
| 35972 | Nondairy coffee whitener, liquid, frozen | 1 | tablespoon(s) | 16 | 12 | 22 | <1 | 2 | 0 | 2 | 0.31 | 1.20 | 0.00 | — |
| 35975 | Nondairy dessert topping, pressurized | 1 | tablespoon(s) | 5 | 3 | 12 | <.1 | 1 | 0 | 1 | 0.88 | 0.09 | 0.01 | — |
| 35976 | Nondairy dessert topping, frozen | 1 | tablespoon(s) | 5 | 3 | 16 | <.1 | 1 | 0 | 1 | 1.09 | 0.08 | 0.03 | — |
| 904 | Imitation sour cream | 2 | tablespoon(s) | 24 | 17 | 50 | 1 | 2 | 0 | 5 | 4.27 | 0.14 | 0.01 | — |
| | **Fluid milk** | | | | | | | | | | | | | |
| 57 | Fat free, nonfat, or skim | 1 | cup(s) | 245 | 223 | 83 | 8 | 12 | 0 | <1 | 0.29 | 0.12 | 0.02 | — |
| 58 | Fat free, nonfat, or skim, w/nonfat milk solids | 1 | cup(s) | 245 | 221 | 91 | 9 | 12 | 0 | 1 | 0.40 | 0.16 | 0.02 | — |
| 54 | Low fat, 1% | 1 | cup(s) | 244 | 219 | 102 | 8 | 12 | 0 | 2 | 1.54 | 0.68 | 0.09 | — |
| 55 | Low fat, 1%, w/nonfat milk solids | 1 | cup(s) | 245 | 220 | 105 | 9 | 12 | 0 | 2 | 1.48 | 0.69 | 0.09 | — |
| 60 | Low fat buttermilk | 1 | cup(s) | 245 | 221 | 98 | 8 | 12 | 0 | 2 | 1.34 | 0.62 | 0.08 | — |
| 51 | Reduced fat, 2% | 1 | cup(s) | 244 | 218 | 122 | 8 | 11 | 0 | 5 | 2.35 | 2.04 | 0.17 | — |
| 52 | Reduced fat, 2%, w/nonfat milk solids | 1 | cup(s) | 245 | 218 | 125 | 9 | 12 | 0 | 5 | 2.93 | 1.36 | 0.17 | — |
| 50 | Whole, 3.3% | 1 | cup(s) | 244 | 216 | 146 | 8 | 11 | 0 | 8 | 4.55 | 1.98 | 0.48 | — |
| | **Canned** | | | | | | | | | | | | | |
| 61 | Whole evaporated | 2 | tablespoon(s) | 32 | 23 | 42 | 2 | 3 | 0 | 2 | 1.45 | 0.74 | 0.08 | — |
| 62 | Fat free, nonfat, or skim evaporated | 2 | tablespoon(s) | 32 | 25 | 25 | 2 | 4 | 0 | <.1 | 0.04 | 0.02 | 0.00 | — |
| 63 | Sweetened condensed | 2 | tablespoon(s) | 38 | 10 | 123 | 3 | 21 | 0 | 3 | 2.10 | 0.93 | 0.13 | — |
| | **Dried Milk** | | | | | | | | | | | | | |
| 64 | Dried buttermilk | ¼ | cup(s) | 30 | 1 | 118 | 10 | 15 | 0 | 2 | 1.09 | 0.51 | 0.07 | — |
| 65 | Instant nonfat dry milk w/added vitamin A | ¼ | cup(s) | 17 | 1 | 63 | 6 | 9 | 0 | <1 | 0.08 | 0.03 | 0.00 | — |
| 5234 | Skim milk powder | ¼ | cup(s) | 18 | 1 | 64 | 6 | 9 | 0 | <1 | 0.08 | 0.03 | 0.01 | — |
| 907 | Whole dry milk | ¼ | cup(s) | 32 | 1 | 161 | 9 | 12 | 0 | 9 | 5.43 | 2.57 | 0.22 | — |
| 909 | **Goat milk** | 1 | cup(s) | 244 | 212 | 168 | 9 | 11 | 0 | 10 | 6.51 | 2.71 | 0.36 | — |
| | **Chocolate milk** | | | | | | | | | | | | | |
| 69 | Low fat | 1 | cup(s) | 250 | 211 | 158 | 8 | 26 | 1 | 3 | 1.54 | 0.75 | 0.09 | — |
| 68 | Reduced fat | 1 | cup(s) | 250 | 209 | 180 | 8 | 26 | 1 | 5 | 3.10 | 1.47 | 0.18 | — |
| 67 | Whole milk | 1 | cup(s) | 250 | 206 | 208 | 8 | 26 | 2 | 8 | 5.26 | 2.48 | 0.31 | — |
| 33156 | Chocolate syrup, fortified, prepared w/milk | 1 | cup(s) | 263 | 220 | 197 | 8 | 24 | <1 | 8 | 5.22 | 2.44 | 0.31 | — |

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**PAGE KEY:** H–2 = Breads/Baked Goods H–6 = Cereal/Rice/Pasta H–10 = Fruit H–14 = Vegetables/Legumes H–24 = Nuts/Seeds H–26 = Vegetarian H–28 = Dairy H–34 = Eggs H–34 = Seafood H–36 = Meats H–40 = Poultry H–40 = Processed meats H–42 = Beverages H–46 = Fats/Oils H–48 = Sweets H–50 = Spices/Condiments/Sauces H–52 = Mixed foods/Soups/Sandwiches H–58 = Fast food H–74 = Convenience meals H–76 = Baby foods

| Chol (mg) | Calc (mg) | Iron (mg) | Magn (mg) | Pota (mg) | Sodi (mg) | Zinc (mg) | Vit A (µg) | Thia (mg) | Vit E (mg α) | Ribo (mg) | Niac (mg) | Vit $B_6$ (mg) | Fola (µg) | Vit C (mg) | Vit $B_{12}$ (µg) | Sele (µg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 25 | 185 | 0.16 | 8 | 25 | 507 | 0.58 | 82 | 0.01 | — | 0.16 | 0.21 | 0.03 | 14 | 0 | <1 | 4 |
| 26 | 221 | 0.06 | 11 | 22 | 54 | 1.22 | 62 | 0.02 | 0.11 | 0.08 | 0.03 | 0.02 | 2 | 0 | 1 | 5 |
| 0 | 150 | 0.00 | — | — | 420 | — | — | — | — | — | — | — | — | 0 | — | — |
| 0 | 150 | 0.00 | 8 | — | 320 | 1.20 | — | 0.00 | — | 0.26 | 0.00 | 0.00 | 40 | 0 | <1 | — |
| 5 | 69 | 0.16 | 6 | 97 | 459 | 0.43 | 12 | 0.02 | 0.01 | 0.19 | 0.14 | 0.08 | 14 | 0 | 1 | 10 |
| 9 | 78 | 0.18 | 7 | 108 | 459 | 0.47 | 24 | 0.03 | 0.02 | 0.21 | 0.16 | 0.09 | 15 | 0 | 1 | 12 |
| 32 | 23 | 0.35 | 2 | 35 | 86 | 0.16 | 106 | 0.00 | 0.09 | 0.06 | 0.03 | 0.01 | 4 | 0 | <1 | 1 |
| 2 | 56 | 0.05 | 4 | 49 | 164 | 0.26 | 84 | 0.02 | 0.00 | 0.05 | 0.05 | 0.02 | 11 | 0 | <1 | 1 |
| 0 | 0 | 0.00 | — | — | 135 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 27 | 156 | 0.05 | 8 | 48 | 422 | 0.81 | 72 | 0.01 | 0.08 | 0.10 | 0.02 | 0.02 | 2 | 0 | <1 | 4 |
| 23 | 162 | 0.16 | 9 | 83 | 359 | 0.91 | 57 | 0.02 | 0.06 | 0.15 | 0.05 | 0.02 | 2 | 0 | <1 | 5 |
| 16 | 160 | 0.09 | 8 | 69 | 382 | 0.74 | 49 | 0.01 | 0.05 | 0.12 | 0.04 | 0.03 | 2 | 0 | <1 | 3 |
| 25 | 150 | 0.00 | 0 | 25 | 450 | 0.90 | 84 | — | — | 0.10 | — | — | — | 0 | <1 | — |
| 24 | 219 | 0.17 | 8 | 61 | 388 | 1.02 | 56 | 0.00 | 0.10 | 0.08 | 0.01 | 0.01 | 2 | 0 | <1 | 5 |
| 0 | 200 | 0.36 | — | — | 190 | — | — | — | — | — | — | — | — | 0 | — | — |
| 0 | 150 | 0.36 | — | — | 190 | — | — | — | — | — | — | — | — | 0 | — | — |
| 6 | 16 | 0.01 | 2 | 20 | 6 | 0.08 | 15 | 0.01 | 0.05 | 0.02 | 0.01 | 0.01 | <1 | <1 | <.1 | <1 |
| 10 | 14 | 0.01 | 1 | 18 | 6 | 0.04 | 27 | 0.00 | 0.08 | 0.02 | 0.01 | 0.00 | <1 | <1 | <.1 | <.1 |
| 17 | 10 | 0.00 | 1 | 15 | 5 | 0.04 | 42 | 0.00 | 0.13 | 0.02 | 0.01 | 0.00 | 1 | <.1 | <.1 | <.1 |
| 21 | 10 | 0.00 | 1 | 11 | 6 | 0.03 | 62 | 0.00 | 0.16 | 0.02 | 0.01 | 0.00 | 1 | <.1 | <.1 | <.1 |
| 3 | 4 | 0.00 | <1 | 6 | 5 | 0.01 | 7 | 0.00 | 0.02 | 0.00 | 0.00 | 0.00 | <1 | 0 | <.1 | <.1 |
| 11 | 28 | 0.01 | 3 | 35 | 13 | 0.06 | 42 | 0.01 | 0.14 | 0.04 | 0.02 | 0.00 | 3 | <1 | <.1 | 1 |
| 3 | 40 | 0.00 | 3 | 41 | 45 | 0.16 | — | 0.01 | 0.00 | 0.05 | 0.02 | 0.01 | 4 | 0 | <.1 | — |
| 0 | 0 | 0.00 | — | 30 | 0 | — | 0 | 0.02 | — | 0.02 | 0.20 | — | — | 0 | — | — |
| 0 | <1 | 0.02 | <.1 | 16 | 4 | 0.01 | <.1 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | <.1 |
| 0 | 1 | 0.00 | <.1 | 30 | 13 | 0.00 | — | 0.00 | — | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | <1 |
| 0 | <1 | 0.00 | <.1 | 1 | 3 | 0.00 | — | 0.00 | — | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | <.1 |
| 0 | <1 | 0.01 | <.1 | 1 | 1 | 0.00 | — | 0.00 | — | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | <1 |
| 0 | 1 | 0.09 | 1 | 39 | 24 | 0.28 | 0 | 0.00 | 0.18 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | 1 |
| 5 | 223 | 1.23 | 22 | 238 | 108 | 2.08 | 149 | 0.11 | 0.02 | 0.45 | 0.23 | 0.09 | 12 | 0 | 1 | 8 |
| 5 | 316 | 0.12 | 37 | 419 | 130 | 1.00 | 149 | 0.10 | 0.00 | 0.43 | 0.22 | 0.11 | 12 | 2 | 1 | 5 |
| 12 | 264 | 0.85 | 27 | 290 | 122 | 2.12 | 142 | 0.05 | 0.02 | 0.45 | 0.23 | 0.09 | 12 | 0 | 1 | 8 |
| 10 | 314 | 0.12 | 34 | 397 | 127 | 0.98 | 145 | 0.10 | — | 0.42 | 0.22 | 0.11 | 12 | 2 | 1 | 6 |
| 10 | 284 | 0.12 | 27 | 370 | 257 | 1.03 | 17 | 0.08 | 0.12 | 0.38 | 0.14 | 0.08 | 12 | 2 | 1 | 5 |
| 20 | 271 | 0.24 | 27 | 342 | 115 | 1.17 | 134 | 0.10 | 0.07 | 0.45 | 0.22 | 0.09 | 12 | <1 | 1 | 6 |
| 20 | 314 | 0.12 | 34 | 397 | 127 | 0.98 | 137 | 0.10 | — | 0.42 | 0.22 | 0.11 | 12 | 2 | 1 | 6 |
| 24 | 246 | 0.07 | 24 | 325 | 105 | 0.93 | 68 | 0.11 | 0.15 | 0.45 | 0.26 | 0.09 | 12 | 0 | 1 | 9 |
| 9 | 82 | 0.06 | 8 | 95 | 33 | 0.24 | 20 | 0.01 | 0.04 | 0.10 | 0.06 | 0.02 | 3 | 1 | <.1 | 1 |
| 1 | 93 | 0.09 | 9 | 106 | 37 | 0.29 | 38 | 0.01 | 0.00 | 0.10 | 0.06 | 0.02 | 3 | <1 | <.1 | 1 |
| 13 | 109 | 0.07 | 10 | 142 | 49 | 0.36 | 28 | 0.03 | 0.06 | 0.16 | 0.08 | 0.02 | 4 | 1 | <1 | 6 |
| 21 | 360 | 0.09 | 33 | 484 | 157 | 1.22 | 15 | 0.12 | 0.03 | 0.48 | 0.27 | 0.10 | 14 | 2 | 1 | 6 |
| 3 | 215 | 0.05 | 20 | 298 | 96 | 0.77 | 124 | 0.07 | 0.00 | 0.30 | 0.16 | 0.06 | 9 | 1 | 1 | 5 |
| 3 | 222 | 0.06 | 21 | 307 | 99 | 0.79 | 0 | 0.07 | — | 0.31 | 0.16 | 0.06 | 9 | 1 | 1 | 5 |
| 31 | 296 | 0.15 | 28 | 431 | 120 | 1.08 | 83 | 0.09 | 0.16 | 0.39 | 0.21 | 0.10 | 12 | 3 | 1 | 5 |
| 27 | 327 | 0.12 | 34 | 498 | 122 | 0.73 | 139 | 0.12 | 0.17 | 0.34 | 0.68 | 0.11 | 2 | 3 | <1 | 3 |
| 8 | 288 | 0.60 | 33 | 425 | 153 | 1.03 | 145 | 0.10 | 0.05 | 0.42 | 0.32 | 0.10 | 13 | 2 | 1 | 5 |
| 18 | 285 | 0.60 | 33 | 423 | 150 | 1.03 | 138 | 0.09 | 0.10 | 0.41 | 0.32 | 0.10 | 13 | 2 | 1 | 5 |
| 30 | 280 | 0.60 | 33 | 418 | 150 | 1.03 | 65 | 0.09 | 0.15 | 0.41 | 0.31 | 0.10 | 13 | 2 | 1 | 5 |
| 34 | 292 | 2.68 | 32 | 460 | 147 | 0.92 | — | 0.09 | — | 0.55 | 6.53 | 0.11 | 13 | 2 | 1 | 5 |

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**TABLE H–1**

**Food Composition** (DA+ code is for Wadsworth Diet Analysis program) (For purposes of calculations, use "0" for t, <1, <.1, <.01, etc.)

| DA + Code | Food Description | Quantity | Measure | Wt (g) | $H_2O$ (g) | Ener (kcal) | Prot (g) | Carb (g) | Fiber (g) | Fat (g) | Fat Breakdown (g) Sat | Mono | Poly | *Trans* |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **DAIRY**—Continued | | | | | | | | | | | | | |
| 908 | Cocoa, hot, prepared w/milk | 1 | cup(s) | 250 | 206 | 193 | 9 | 27 | 3 | 6 | 3.58 | 1.69 | 0.09 | 0.18 |
| 33184 | Cocoa mix with aspartame, added sodium & vitamin A, no added calcium or phosphorus, prepared with water | 1 | cup(s) | 192 | 177 | 56 | 2 | 10 | 1 | <1 | 0.00 | 0.15 | 0.01 | — |
| 70 | **Eggnog** | 1 | cup(s) | 254 | 189 | 343 | 10 | 34 | 0 | 19 | 11.29 | 5.67 | 0.86 | — |
| | **Breakfast drinks** | | | | | | | | | | | | | |
| 10093 | Carnation Instant Breakfast classic chocolate malt, prepared w/skim milk, no sugar added | 1 | cup(s) | 243 | — | 142 | 11 | 21 | <1 | 1 | 0.89 | — | — | — |
| 10091 | Carnation Instant Breakfast strawberry creme, prepared w/skim milk | 1 | cup(s) | 273 | — | 220 | 13 | 39 | 0 | <1 | 0.40 | — | — | — |
| 10094 | Carnation Instant Breakfast strawberry creme, prepared w/skim milk, no sugar added | 1 | cup(s) | 243 | — | 134 | 12 | 21 | 0 | <1 | 0.45 | — | — | — |
| 10092 | Carnation Instant Breakfast vanilla creme, prepared w/skim milk, no sugar added | 1 | cup(s) | 273 | — | 220 | 13 | 39 | 0 | <1 | 0.40 | — | — | — |
| 1417 | Ovaltine rich chocolate flavor, prepared w/skim milk | 1 | cup(s) | 243 | — | 134 | 12 | 21 | 0 | <1 | 0.45 | — | — | — |
| 8539 | **Malted milk, chocolate mix, fortified, prepared w/milk** | 1 | cup(s) | 265 | 216 | 223 | 9 | 29 | 1 | 9 | 4.95 | 2.17 | 0.54 | — |
| | **Milkshakes** | | | | | | | | | | | | | |
| 73 | Chocolate | 1 | cup(s) | 227 | 164 | 270 | 7 | 48 | 1 | 6 | 3.81 | 1.77 | 0.23 | — |
| 74 | Vanilla | 1 | cup(s) | 227 | 169 | 254 | 9 | 40 | 0 | 7 | 4.28 | 1.98 | 0.26 | — |
| | **Ice cream** | | | | | | | | | | | | | |
| 4776 | Chocolate | ½ | cup(s) | 66 | 37 | 143 | 3 | 19 | 1 | 7 | 4.49 | 2.12 | 0.27 | — |
| 16514 | Chocolate, soft serve | ½ | cup(s) | 87 | 50 | 177 | 3 | 24 | 1 | 8 | 5.17 | 2.43 | 0.31 | — |
| 12137 | Chocolate fudge, fat free no sugar added | ½ | cup(s) | 71 | — | 100 | 4 | 22 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 82 | Light vanilla | ½ | cup(s) | 66 | 42 | 109 | 4 | 18 | <1 | 3 | 1.71 | 0.57 | 0.10 | — |
| 78 | Light vanilla, soft serve | ½ | cup(s) | 86 | 60 | 108 | 4 | 19 | 0 | 2 | 1.40 | 0.65 | 0.09 | — |
| 16523 | Sherbet, all flavors | ½ | cup(s) | 97 | 64 | 133 | 1 | 29 | <1 | 2 | 1.12 | 0.51 | 0.08 | — |
| 4778 | Strawberry | ½ | cup(s) | 66 | 40 | 127 | 2 | 18 | 1 | 6 | 3.43 | — | — | — |
| 76 | Vanilla | ½ | cup(s) | 66 | 40 | 133 | 2 | 16 | <1 | 7 | 4.48 | 1.96 | 0.30 | — |
| 12146 | Vanilla chocolate swirl, fat free, no sugar added | ½ | cup(s) | 71 | — | 100 | 4 | 20 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| | **Soy desserts** | | | | | | | | | | | | | |
| 10694 | Tofutti low fat vanilla fudge nondairy frozen dessert | ½ | cup(s) | 70 | — | 120 | 2 | 24 | 0 | 2 | 1.00 | — | — | — |
| 15721 | Tofutti premium chocolate supreme nondairy frozen dessert | ½ | cup(s) | 60 | — | 180 | 3 | 18 | 0 | 11 | 2.00 | — | — | — |
| 15720 | Tofutti premium vanilla nondairy frozen dessert | ½ | cup(s) | 60 | — | 190 | 2 | 20 | 0 | 11 | 2.00 | — | — | — |
| | **Ice milk** | | | | | | | | | | | | | |
| 16516 | Flavored, not chocolate | ½ | cup(s) | 66 | 45 | 91 | 2 | 15 | 0 | 3 | 1.72 | 0.81 | 0.11 | — |
| 16517 | Chocolate | ½ | cup(s) | 66 | 43 | 95 | 3 | 17 | <1 | 2 | 1.29 | 0.61 | 0.08 | — |
| | **Pudding** | | | | | | | | | | | | | |
| 25032 | Chocolate | ½ | cup(s) | 144 | 110 | 154 | 5 | 23 | 1 | 5 | 2.78 | 1.94 | 0.23 | 0 |
| 1923 | Chocolate, sugar free, prepared w/2% milk | ½ | cup(s) | 133 | — | 100 | 5 | 14 | <1 | 3 | 1.50 | — | — | — |
| 1722 | Rice | ½ | cup(s) | 113 | 73 | 175 | 6 | 26 | 1 | 6 | 1.99 | 2.14 | 0.88 | — |
| 4747 | Tapioca, ready to eat | 1 | item(s) | 142 | 105 | 169 | 3 | 28 | <1 | 5 | 0.85 | 2.24 | 1.93 | — |
| 25031 | Vanilla | ½ | cup(s) | 136 | 110 | 116 | 5 | 17 | <.1 | 3 | 1.31 | 1.21 | 0.16 | 0 |
| 1924 | Vanilla, sugar free, prepared w/2% milk | ½ | cup(s) | 133 | 90 | 4 | 12 | <1 | 2 | 1.50 | 10 | 150 | 0.00 | — |
| | **Frozen yogurt** | | | | | | | | | | | | | |
| 4785 | Chocolate, soft serve | ½ | cup(s) | 72 | 46 | 115 | 3 | 18 | 2 | 4 | 2.61 | 1.26 | 0.16 | — |
| 1747 | Fruit varieties | ½ | cup(s) | 113 | 80 | 144 | 3 | 24 | 0 | 4 | 2.63 | 1.11 | 0.11 | — |
| 4786 | Vanilla, soft serve | ½ | cup(s) | 72 | 47 | 117 | 3 | 17 | 0 | 4 | 2.46 | 1.14 | 0.15 | — |
| | **Milk substitutes** | | | | | | | | | | | | | |
| | **Lactose free** | | | | | | | | | | | | | |
| 16081 | Fat free calcium fortified milk | 1 | cup(s) | 240 | — | 90 | 9 | 13 | 0 | 0 | 0.00 | — | — | 0 |
| 36486 | Low fat milk | 1 | cup(s) | 240 | — | 110 | 8 | 13 | 0 | 3 | 1.50 | — | — | — |
| 36487 | Reduced fat milk | 1 | cup(s) | 240 | — | 130 | 8 | 13 | 0 | 5 | 3.00 | — | — | — |
| 36488 | Whole milk | 1 | cup(s) | 240 | — | 160 | 8 | 12 | 0 | 9 | 5.00 | — | — | — |
| | **Rice** | | | | | | | | | | | | | |
| 10083 | Rice Dream carob rice beverage | 1 | cup(s) | 240 | — | 150 | 1 | 32 | 0 | 3 | 0.00 | — | — | — |
| 10087 | Rice Dream vanilla enriched rice beverage | 1 | cup(s) | 240 | — | 130 | 1 | 28 | 0 | 2 | 0.00 | — | — | — |
| 17089 | Rice Dream original rice beverage, enriched | 1 | cup(s) | 240 | — | 120 | 1 | 25 | 0 | 2 | 0.00 | — | — | — |

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**PAGE KEY:** H–2 = Breads/Baked Goods H–6 = Cereal/Rice/Pasta H–10 = Fruit H–14 = Vegetables/Legumes H–24 = Nuts/Seeds H–26 = Vegetarian H–28 = Dairy H–34 = Eggs H–34 = Seafood H–36 = Meats H–40 = Poultry H–40 = Processed meats H–42 = Beverages H–46 = Fats/Oils H–48 = Sweets H–50 = Spices/Condiments/Sauces H–52 = Mixed foods/Soups/Sandwiches H–58 = Fast food H–74 = Convenience meals H–76 = Baby foods

| Chol (mg) | Calc (mg) | Iron (mg) | Magn (mg) | Pota (mg) | Sodi (mg) | Zinc (mg) | Vit A (µg) | Thia (mg) | Vit E (mg α) | Ribo (mg) | Niac (mg) | Vit $B_6$ (mg) | Fola (µg) | Vit C (mg) | Vit $B_{12}$ (µg) | Sele (µg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 20 | 263 | 1.20 | 58 | 493 | 110 | 1.58 | 128 | 0.10 | 0.08 | 0.46 | 0.33 | 0.10 | 13 | 1 | 1 | 7 |
| <1 | 90 | 0.75 | 33 | 405 | 171 | 0.52 | 27 | 0.04 | 0.06 | 0.21 | 0.16 | 0.05 | 2 | <1 | <1 | 2 |
| 150 | 330 | 0.51 | 48 | 419 | 137 | 1.17 | 114 | 0.09 | 0.51 | 0.48 | 0.27 | 0.13 | 3 | 4 | 1 | 11 |
| 9 | 445 | 4.01 | 89 | 632 | 196 | 3.38 | — | 0.35 | — | 0.45 | 4.45 | 0.45 | 4 | 27 | 1 | 8 |
| 9 | 500 | 4.47 | 100 | 638 | 360 | 3.75 | — | 0.38 | — | 0.51 | 5.08 | 0.48 | 100 | 30 | 1 | 9 |
| 9 | 445 | 4.01 | 89 | 570 | 187 | 3.38 | — | 0.33 | — | 0.45 | 4.45 | 0.45 | 89 | 27 | 1 | 8 |
| 9 | 500 | 4.50 | 100 | 630 | 240 | 3.75 | — | 0.38 | — | 0.51 | 5.00 | 0.50 | 100 | 30 | 2 | 9 |
| 9 | 445 | 4.01 | 89 | 570 | 187 | 3.38 | — | 0.33 | — | 0.45 | 4.45 | 0.45 | 89 | 27 | 1 | 8 |
| 27 | 339 | 3.76 | 45 | 578 | 231 | 1.17 | 904 | 0.76 | 0.16 | 1.32 | 11.08 | 1.01 | 19 | 32 | 1 | 12 |
| 25 | 299 | 0.70 | 36 | 508 | 252 | 1.09 | 41 | 0.11 | 0.11 | 0.50 | 0.28 | 0.06 | 11 | 0 | 1 | 4 |
| 27 | 331 | 0.23 | 27 | 415 | 215 | 0.88 | 57 | 0.07 | 0.11 | 0.44 | 0.33 | 0.10 | 16 | 0 | 1 | 5 |
| 22 | 72 | 0.61 | 19 | 164 | 50 | 0.38 | 78 | 0.03 | 0.20 | 0.13 | 0.15 | 0.04 | 11 | <1 | <1 | 2 |
| 22 | 103 | 0.33 | 19 | 192 | 44 | 0.48 | — | 0.04 | 0.22 | 0.13 | 0.11 | 0.03 | 5 | 1 | <1 | — |
| 0 | 80 | 0.36 | — | — | 60 | — | — | — | — | — | — | — | — | 0 | — | — |
| 17 | 77 | 0.05 | 9 | 137 | 49 | 0.48 | 91 | 0.02 | 0.08 | 0.11 | 0.06 | 0.02 | 3 | <1 | <1 | 1 |
| 10 | 135 | 0.05 | 12 | 190 | 60 | 0.46 | 25 | 0.04 | 0.05 | 0.17 | 0.10 | 0.04 | 5 | 1 | <1 | 3 |
| 5 | 52 | 0.14 | 8 | 93 | 44 | 0.46 | — | 0.02 | 0.03 | 0.07 | 0.09 | 0.03 | 4 | 4 | <1 | — |
| 19 | 79 | 0.14 | 9 | 124 | 40 | 0.22 | 63 | 0.03 | — | 0.17 | 0.11 | 0.03 | 8 | 5 | <1 | 1 |
| 29 | 84 | 0.06 | 9 | 131 | 53 | 0.46 | 78 | 0.03 | 0.20 | 0.16 | 0.08 | 0.03 | 3 | <1 | <1 | 1 |
| 0 | 80 | 0.00 | 50 | 0 | | | | | — | | | | | | | |
| 0 | 0 | 0.00 | — | 8 | 90 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 0 | 0 | 0.00 | — | 7 | 180 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 0 | 0 | 0.00 | — | 2 | 210 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 9 | 91 | 0.07 | 10 | 138 | 56 | 0.29 | — | 0.04 | 0.06 | 0.17 | 0.06 | 0.04 | 4 | 1 | <1 | — |
| 6 | 94 | 0.17 | 13 | 155 | 41 | 0.38 | — | 0.03 | 0.05 | 0.12 | 0.09 | 0.03 | 4 | <1 | <1 | — |
| 35 | 138 | 1.04 | 29 | 211 | 135 | 1.07 | 73 | 0.04 | 0.00 | 0.25 | 0.18 | 0.03 | 7 | <1 | <1 | 5 |
| 10 | 150 | 0.72 | — | 330 | 310 | — | — | 0.06 | — | 0.26 | — | — | — | 0 | — | — |
| 71 | 130 | 1.21 | 21 | 250 | 253 | 0.61 | — | 0.10 | 0.06 | 0.26 | 0.73 | 0.08 | 14 | 1 | <1 | — |
| 1 | 119 | 0.33 | 11 | 136 | 226 | 0.38 | 0 | 0.03 | 0.43 | 0.14 | 0.44 | 0.03 | 4 | 1 | <1 | 2 |
| 35 | 133 | 0.25 | 14 | 173 | 134 | 0.63 | 73 | 0.03 | 0.00 | 0.24 | 0.11 | 0.03 | 6 | <1 | <1 | 5 |
| — | 190 | 380 | — | — | 0.03 | — | — | 0.17 | — | — | — | 0 | — | — | | |
| 4 | 106 | 0.90 | 19 | 188 | 71 | 0.35 | 32 | 0.03 | — | 0.15 | 0.22 | 0.05 | 8 | <1 | <1 | 2 |
| 15 | 113 | 0.52 | 11 | 176 | 71 | 0.32 | — | 0.05 | 0.10 | 0.20 | 0.08 | 0.05 | 5 | 1 | <.1 | — |
| 1 | 103 | 0.22 | 10 | 152 | 63 | 0.30 | 42 | 0.03 | 0.08 | 0.16 | 0.21 | 0.06 | 4 | 1 | <1 | 2 |
| 3 | 500 | 0.00 | — | — | 130 | — | 100 | — | — | — | — | — | — | 0 | — | — |
| 15 | 300 | 0.00 | — | — | 125 | — | 100 | — | — | — | — | — | — | 0 | — | — |
| 20 | 300 | 0.00 | — | — | 125 | — | 98 | — | — | — | — | — | — | 0 | — | — |
| 35 | 300 | 0.00 | — | — | 125 | — | 58 | — | — | — | — | — | — | 0 | — | — |
| 0 | 20 | 0.72 | — | — | 100 | — | — | — | — | — | — | — | — | 1 | — | — |
| 0 | 300 | 0.00 | — | — | 90 | — | — | — | — | — | — | — | — | 0 | 2 | — |
| 0 | 300 | 0.00 | 13 | 60 | 90 | 0.24 | — | 0.07 | — | 0.00 | 0.84 | 0.08 | — | 0 | 2 | — |

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**TABLE H–1**

## Food Composition

(DA+ code is for Wadsworth Diet Analysis program) (For purposes of calculations, use "0" for t, <1, <.1, <.01, etc.)

| DA + Code | Food Description | Quantity | Measure | Wt (g) | $H_2O$ (g) | Ener (kcal) | Prot (g) | Carb (g) | Fiber (g) | Fat (g) | Fat Breakdown (g) Sat | Mono | Poly | *Trans* |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **DAIRY**—Continued | | | | | | | | | | | | | |
| | **Soy** | | | | | | | | | | | | | |
| 34750 | Soy Dream chocolate enriched soy beverage | 1 | cup(s) | 240 | — | 210 | 7 | 37 | 1 | 4 | 0.50 | — | — | — |
| 34749 | Soy Dream vanilla enriched soy beverage | 1 | cup(s) | 240 | — | 150 | 7 | 22 | 0 | 4 | 0.50 | — | — | — |
| 13840 | Vitasoy light chocolate soymilk | 1 | cup(s) | 237 | — | 100 | 4 | 17 | 0 | 2 | 0.50 | 0.50 | 1.00 | — |
| 13839 | Vitasoy light vanilla soymilk | 1 | cup(s) | 237 | — | 70 | 4 | 10 | 0 | 2 | 0.50 | 0.50 | 1.00 | — |
| 13836 | Vitasoy rich chocolate soymilk | 1 | cup(s) | 237 | — | 160 | 7 | 24 | 1 | 4 | 0.50 | 1.00 | 2.50 | — |
| 13835 | Vitasoy vanilla delite soymilk | 1 | cup(s) | 237 | — | 120 | 8 | 13 | 1 | 4 | 0.50 | 1.00 | 2.50 | — |
| | **Yogurt** | | | | | | | | | | | | | |
| 3615 | Custard style, fruit flavors | 6 | ounce(s) | 170 | 127 | 190 | 7 | 32 | 0 | 4 | 2.00 | — | — | — |
| 3617 | Custard style, vanilla | 6 | ounce(s) | 170 | 134 | 190 | 7 | 32 | 0 | 4 | 2.00 | 0.94 | 0.10 | — |
| 32101 | Fruit, low fat | 1 | cup(s) | 245 | 184 | 243 | 10 | 46 | 0 | 3 | 1.82 | 0.77 | 0.08 | — |
| 29638 | Fruit, nonfat, sweetened w/low calorie sweetener | 1 | cup(s) | 241 | 208 | 122 | 11 | 19 | 1 | <1 | 0.21 | 0.10 | 0.04 | — |
| 93 | Plain, low fat | 1 | cup(s) | 245 | 208 | 154 | 13 | 17 | 0 | 4 | 2.45 | 1.04 | 0.11 | — |
| 94 | Plain, nonfat | 1 | cup(s) | 245 | 209 | 137 | 14 | 19 | 0 | <1 | 0.28 | 0.12 | 0.01 | — |
| 32100 | Vanilla, low fat | 1 | cup(s) | 245 | 194 | 208 | 12 | 34 | 0 | 3 | 1.97 | 0.84 | 0.09 | — |
| 5242 | Yogurt beverage | 1 | cup(s) | 245 | 200 | 172 | 6 | 33 | 0 | 2 | 1.39 | 0.59 | 0.06 | — |
| 38202 | Yogurt smoothie, nonfat, all flavors | 1 | item(s) | 325 | — | 290 | 10 | 60 | 6 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| | **Soy yogurt** | | | | | | | | | | | | | |
| 10453 | White Wave plain silk cultured | 8 | ounce(s) | 227 | — | 120 | 5 | 22 | 1 | 3 | 0.00 | — | — | 0 |
| 34616 | Stonyfield Farm Osoy chocolate-vanilla pack organic cultured | 1 | serving(s) | 113 | — | 90 | 4 | 15 | 3 | 2 | 0.00 | — | — | — |
| 34617 | Stonyfield Farm Osoy strawberry-peach pack organic cultured | 1 | serving(s) | 113 | — | 90 | 4 | 15 | 3 | 2 | 0.00 | — | — | — |
| | **EGGS** | | | | | | | | | | | | | |
| 96 | Raw, whole | 1 | item(s) | 50 | 38 | 74 | 6 | <1 | 0 | 5 | 1.55 | 1.91 | 0.68 | — |
| 97 | Raw, white | 1 | item(s) | 33 | 29 | 17 | 4 | <1 | 0 | <.1 | 0.00 | 0.00 | 0.00 | — |
| 98 | Raw, yolk | 1 | item(s) | 17 | 9 | 53 | 3 | 1 | 0 | 4 | 1.59 | 1.95 | 0.70 | — |
| 99 | Fried | 1 | item(s) | 46 | 32 | 92 | 6 | <1 | 0 | 7 | 1.98 | 2.92 | 1.22 | — |
| 100 | Hard boiled | 1 | item(s) | 50 | 37 | 78 | 6 | 1 | 0 | 5 | 1.63 | 2.04 | 0.71 | — |
| 101 | Poached | 1 | item(s) | 50 | 38 | 74 | 6 | <1 | 0 | 5 | 1.54 | 1.90 | 0.68 | — |
| 102 | Scrambled, prepared w/milk & butter | 2 | item(s) | 122 | 89 | 203 | 14 | 3 | 0 | 15 | 4.49 | 5.82 | 2.62 | — |
| | **Egg Substitute** | | | | | | | | | | | | | |
| 920 | Frozen | ¼ | cup(s) | 60 | 44 | 96 | 7 | 2 | 0 | 7 | 1.16 | 1.46 | 3.74 | — |
| 918 | Liquid | ¼ | cup(s) | 63 | 52 | 53 | 8 | <1 | 0 | 2 | 0.41 | 0.56 | 1.01 | — |
| 4028 | Egg Beaters | ¼ | cup(s) | 61 | — | 30 | 6 | 1 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| | **SEAFOOD** | | | | | | | | | | | | | |
| | **Fish** | | | | | | | | | | | | | |
| | **Cod** | | | | | | | | | | | | | |
| 6040 | Atlantic cod or scrod, baked or broiled | 3 | ounce(s) | 44 | 34 | 46 | 10 | 0 | 0 | <1 | 0.07 | 0.05 | 0.13 | — |
| 1573 | Atlantic cod, cooked, dry heat | 3 | ounce(s) | 85 | 65 | 89 | 19 | 0 | 0 | 1 | 0.14 | 0.11 | 0.25 | — |
| 2905 | **Eel, raw** | 3 | ounce(s) | 85 | 58 | 156 | 16 | 0 | 0 | 10 | 2.01 | 6.12 | 0.81 | — |
| | **Fish fillets** | | | | | | | | | | | | | |
| 25079 | Baked | 3 | ounce(s) | 84 | 80 | 99 | 22 | 0 | 0 | 1 | 0.08 | 0.07 | 0.26 | — |
| 8615 | Batter coated or breaded, fried | 3 | ounce(s) | 85 | 0.04 | 197.19 | 12.46 | 14.42 | 0.42 | 10.44 | 2.39 | 2.19 | 5.32 | — |
| 25082 | Broiled fish steaks | 3 | ounce(s) | 86 | 69 | 129 | 24 | 0 | 0 | 3 | 0.37 | 0.87 | 0.84 | — |
| 25083 | Poached fish steaks | 3 | ounce(s) | 86 | 68 | 112 | 21 | 0 | 0 | 2 | 0.33 | 0.76 | 0.74 | — |
| 25084 | Steamed fish fillets | 3 | ounce(s) | 86 | 73 | 80 | 17 | 0 | 0 | 1 | 0.12 | 0.08 | 0.22 | — |
| 25089 | **Flounder, baked** | 3 | ounce(s) | 85 | 65 | 114 | 15 | <1 | <.1 | 6 | 1.15 | 2.17 | 1.44 | 0 |
| 1825 | **Grouper, cooked, dry heat** | 3 | ounce(s) | 85 | 62 | 100 | 21 | 0 | 0 | 1 | 0.25 | 0.23 | 0.34 | — |
| | **Haddock** | | | | | | | | | | | | | |
| 6049 | Baked or broiled | 3 | ounce(s) | 44 | 33 | 50 | 11 | 0 | 0 | <1 | 0.07 | 0.07 | 0.14 | — |
| 1578 | Cooked, dry heat | 3 | ounce(s) | 85 | 63 | 95 | 21 | 0 | 0 | 1 | 0.14 | 0.13 | 0.26 | — |
| 1886 | **Halibut, Atlantic & Pacific, cooked, dry heat** | 3 | ounce(s) | 85 | 61 | 119 | 23 | 0 | 0 | 2 | 0.35 | 0.82 | 0.80 | — |
| 1582 | **Herring, Atlantic, pickled** | 4 | piece(s) | 60 | 33 | 157 | 9 | 6 | 0 | 11 | 1.43 | 7.17 | 1.01 | — |
| 1587 | **Jack mackerel, solids, canned, drained** | 2 | ounce(s) | 57 | 39 | 88 | 13 | 0 | 0 | 4 | 1.05 | 1.26 | 0.94 | — |
| 8580 | **Octopus, common, cooked, moist heat** | 3 | ounce(s) | 85 | 51 | 139 | 25 | 4 | 0 | 2 | 0.39 | 0.28 | 0.41 | — |
| 1831 | **Perch, mixed species, cooked, dry heat** | 3 | ounce(s) | 85 | 62 | 99 | 21 | 0 | 0 | 1 | 0.20 | 0.17 | 0.40 | — |
| 1592 | **Pacific rockfish, cooked, dry heat** | 3 | ounce(s) | 85 | 62 | 103 | 20 | 0 | 0 | 2 | 0.40 | 0.38 | 0.50 | — |
| | **Salmon** | | | | | | | | | | | | | |
| 29727 | Smoked chinook (lox) | 2 | ounce(s) | 57 | <.1 | 66 | 10 | 0 | 0 | 2 | 0.52 | 1.14 | 0.56 | — |

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**PAGE KEY:** H–2 = Breads/Baked Goods H–6 = Cereal/Rice/Pasta H–10 = Fruit H–14 = Vegetables/Legumes H–24 = Nuts/Seeds H–26 = Vegetarian H–28 = Dairy H–34 = Eggs H–34 = Seafood H–36 = Meats H–40 = Poultry H–40 = Processed meats H–42 = Beverages H–46 = Fats/Oils H–48 = Sweets H–50 = Spices/Condiments/Sauces H–52 = Mixed foods/Soups/Sandwiches H–58 = Fast food H–74 = Convenience meals H–76 = Baby foods

| | Chol (mg) | Calc (mg) | Iron (mg) | Magn (mg) | Pota (mg) | Sodi (mg) | Zinc (mg) | Vit A (µg) | Thia (mg) | Vit E (mg α) | Ribo (mg) | Niac (mg) | Vit $B_6$ (mg) | Fola (µg) | Vit C (mg) | Vit $B_{12}$ (µg) | Sele (µg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 40 | 15 | 1.02 | 27 | 377 | 99 | 0.56 | — | 0.14 | 1.15 | 0.05 | 8.33 | 0.19 | 4 | 2 | 2 | 41 |
| | 43 | 10 | 0.29 | 26 | 383 | 40 | 0.37 | 48 | 0.08 | — | 0.09 | 5.79 | 0.56 | 11 | 1 | 2 | 11 |
| | 34 | 108 | 0.70 | 9 | 95 | 121 | 0.31 | 16 | 0.01 | 0.49 | 0.05 | 1.25 | 0.04 | 3 | 0 | 2 | 13 |
| | 28 | 20 | 0.38 | 27 | 155 | 216 | 0.49 | 10 | 0.01 | — | 0.05 | 0.69 | 0.06 | 23 | 1 | 1 | 13 |
| | 27 | 21 | 0.22 | — | 238 | 366 | — | — | — | 0.16 | — | — | — | — | 2 | — | — |
| | 40 | 34 | 0.20 | 31 | 444 | 48 | 0.37 | 30 | 0.05 | — | 0.00 | 0.29 | 0.39 | 5 | 1 | 3 | 42 |
| | 221 | 33 | 0.86 | 32 | 237 | 260 | 1.48 | 9 | 0.05 | — | 0.39 | 2.21 | 0.05 | 12 | 4 | 1 | 44 |
| | 227 | 31 | 0.63 | 29 | 192 | 356 | 1.49 | — | 0.02 | 1.17 | 0.32 | 1.70 | 0.04 | 4 | 3 | 1 | — |
| | 88 | 16 | 0.92 | 43 | 279 | 75 | 0.43 | 26 | 0.10 | — | 0.03 | 2.17 | 0.29 | 9 | 0 | 4 | 40 |
| | 63 | 11 | 0.59 | 30 | 239 | 389 | 0.36 | — | 0.07 | 0.53 | 0.07 | 8.31 | 0.19 | 14 | 0 | 2 | — |
| | 26 | 8 | 0.22 | 37 | 95 | 122 | 0.28 | 17 | 0.02 | 0.54 | 0.02 | 0.19 | 0.03 | 2 | 0 | 1 | 24 |
| | 43 | 5 | 0.88 | 29 | 314 | 98 | 1.25 | 35 | 0.04 | — | 0.10 | 10.02 | 0.32 | 2 | 1 | 2 | 52 |
| | 38 | 14 | 0.62 | 43 | 378 | 31 | 0.44 | 15 | 0.37 | 0.43 | 0.04 | 8.33 | 0.77 | 2 | 1 | <1 | 31 |
| | 10 | 7 | 0.79 | 18 | 118 | 202 | 0.51 | 13 | 0.02 | 0.50 | 0.07 | 7.06 | 0.06 | 3 | 0 | 1 | 43 |
| | 17 | 6 | 0.87 | 15 | 134 | 192 | 0.44 | 10 | 0.02 | 0.19 | 0.04 | 7.53 | 0.20 | 2 | 0 | 2 | 46 |
| | 10 | 7 | 0.79 | 18 | 117 | 28 | 0.51 | 13 | 0.02 | — | 0.07 | 7.03 | 0.06 | 3 | 0 | 1 | 43 |
| | 17 | 6 | 0.87 | 15 | 134 | 28 | 0.44 | 10 | 0.02 | — | 0.04 | 7.53 | 0.20 | 2 | 0 | 2 | 46 |
| | 18 | 2 | 0.37 | 19 | 189 | 225 | 0.27 | 3 | 0.01 | 1.30 | 0.04 | 6.63 | 0.24 | 3 | 0 | 1 | 34 |
| | 24 | 8 | 0.55 | 19 | 134 | 214 | 0.27 | 3 | 0.00 | 0.48 | 0.02 | 3.29 | 0.12 | 1 | 0 | 1 | 37 |
| | 18 | 2 | 0.37 | 19 | 189 | 28 | 0.27 | 14 | 0.01 | — | 0.04 | 6.63 | 0.24 | 3 | 0 | 1 | 34 |
| | 24 | 8 | 0.55 | 19 | 134 | 28 | 0.27 | 3 | 0.00 | — | 0.02 | 3.29 | 0.12 | 1 | 0 | 1 | 37 |
| | 31 | 13 | 0.28 | 17 | 238 | 22 | 0.29 | 16 | 0.08 | — | 0.02 | 3.86 | 0.09 | 2 | 2 | 1 | 21 |
| | 60.34 | 24.64 | 0.53 | 32.29 | 457.29 | 42.5 | 0.56 | 26.35 | 0.14 | — | 0.04 | 7.41 | 0.15 | 3.4 | 2.46 | 1.06 | 39.77 |
| | 80 | 31 | 3.23 | 48 | 241 | 502 | 0.81 | 2 | 0.19 | — | 0.11 | 1.62 | 0.13 | 12 | 2 | 1 | 44 |
| | 143 | 50 | 4.85 | 69 | 295 | 980 | 1.38 | — | 0.29 | 6.74 | 0.13 | 1.90 | 0.22 | 6 | 3 | 1 | — |
| | 50 | 57 | 0.48 | 22 | 212 | 189 | 2.28 | 1 | 0.05 | 1.04 | 0.05 | 0.78 | 0.09 | 24 | 2 | <1 | 18 |
| | 85 | 88 | 0.77 | 28 | 275 | 237 | 3.59 | 2 | 0.09 | 1.56 | 0.04 | 2.81 | 0.15 | 43 | 3 | 6 | 34 |
| | 65 | 50 | 0.37 | 49 | 347 | 321 | 4.65 | 26 | 0.05 | — | 0.17 | 3.08 | 0.15 | 36 | 3 | 9 | 40 |
| | 57 | 78 | 23.77 | 15 | 534 | 95 | 2.32 | 145 | 0.13 | — | 0.36 | 2.85 | 0.09 | 25 | 19 | 84 | 54 |
| | 116 | 43 | 0.94 | 28 | 202 | 82 | 1.26 | 13 | 0.04 | — | 0.07 | 1.42 | 0.11 | 9 | <1 | 3 | 29 |
| | 42 | 37 | 5.30 | 38 | 126 | 418 | 72.22 | 60 | 0.07 | 0.99 | 0.06 | 1.04 | 0.05 | 8 | 3 | 15 | — |
| | 21 | 37 | 4.91 | 28 | 105 | 151 | 32.23 | 7 | 0.09 | — | 0.06 | 1.08 | 0.05 | 15 | 4 | 14 | 54 |
| | 89 | 77 | 10.19 | 81 | 239 | 359 | 154.37 | 46 | 0.16 | — | 0.15 | 2.11 | 0.10 | 12 | 5 | 30 | 61 |
| | 85 | 14 | 7.82 | 37 | 257 | 180 | 28.25 | 124 | 0.11 | 0.72 | 0.38 | 3.08 | 0.08 | 13 | 11 | 24 | 131 |
| | 43 | 7 | 4.35 | 19 | 143 | 90 | 14.14 | 69 | 0.06 | — | 0.20 | 1.71 | 0.04 | 9 | 7 | 14 | 65 |
| | 61 | 52 | 0.33 | 30 | 299 | 323 | 2.48 | 22 | 0.01 | 0.85 | 0.06 | 0.91 | 0.07 | 9 | 0 | 3 | 36 |
| 48 | 28 | 5.71 | 31 | 228 | 314 | 2.27 | 77 | 0.26 | — | 0.36 | 2.55 | 0.09 | 65 | 12 | 20 | 76 | |
| | 166 | 33 | 2.63 | 29 | 155 | 190 | 1.33 | 58 | 0.03 | 1.17 | 0.03 | 2.20 | 0.11 | 3 | 2 | 1 | 34 |
| | 150.44 | 56.95 | 1.07 | 34 | 191.25 | 292.39 | 1.17 | 47.59 | 0.1 | — | 0.11 | 2.6 | 0.08 | 20.39 | 1.27 | 1.58 | 35.44 |
| | 26.89 | 2.03 | 0.7 | 6.1 | 93.11 | 509.17 | 1.43 | 0 | 0.02 | 0.07 | 0.05 | 1.46 | 0.07 | 1.8 | 0 | 0.77 | 6.05 |
| | 73 | 10 | 1.77 | 12 | 116 | 855 | 3.03 | 0 | 0.02 | 0.13 | 0.12 | 2.07 | 0.11 | 8 | 0 | 1 | 36 |
| | 45 | 3 | 1.58 | 11 | 140 | 1582 | 2.49 | 0 | 0.03 | 0.00 | 0.12 | 1.85 | 0.16 | 5 | 0 | 1 | 13 |
| | 13.63 | 5.67 | 1.53 | 14.48 | 169.54 | 628.49 | 2.3 | 0 | 0.04 | 0.14 | 0.04 | 0.49 | 0.05 | 38.05 | 0 | 0.28 | 3.03 |
| | 84 | 8 | 2.35 | 21 | 314 | 70 | 5.47 | 0 | 0.06 | — | 0.27 | 4.97 | 0.27 | 9 | 0 | 2 | 19 |
| | 74 | 9 | 1.79 | 18 | 256 | 65 | 4.56 | 0 | 0.04 | — | 0.18 | 4.39 | 0.22 | 8 | 0 | 2 | 25 |
| | 86 | 10 | 2.08 | 20 | 297 | 76 | 5.27 | 0 | 0.05 | — | 0.20 | 5.07 | 0.26 | 9 | 0 | 2 | 22 |
| | 77 | 9 | 2.07 | 17 | 248 | 71 | 4.40 | 0 | 0.03 | — | 0.16 | 4.90 | 0.23 | 8 | 0 | 2 | 16 |
| | 72 | 9 | 1.96 | 16 | 252 | 54 | 4.45 | 0 | 0.06 | — | 0.14 | 2.86 | 0.20 | 6 | 0 | 2 | 19 |
| | 82 | 5 | 2.65 | 19 | 240 | 43 | 4.17 | 0 | 0.06 | 0.17 | 0.20 | 3.17 | 0.28 | 9 | 0 | 2 | 27 |

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**TABLE H–1**

**Food Composition** (DA+ code is for Wadsworth Diet Analysis program) (For purposes of calculations, use "0" for t, <1, <.1, <.01, etc.)

| DA + Code | Food Description | Quantity | Measure | Wt (g) | $H_2O$ (g) | Ener (kcal) | Prot (g) | Carb (g) | Fiber (g) | Fat (g) | Fat Breakdown (g) Sat | Mono | Poly | *Trans* |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **BEEF, LAMB, PORK**—Continued | | | | | | | | | | | | | |
| 169 | Bottom round, separable lean, ¼" fat, roasted | 3 | ounce(s) | 85 | 0.05 | 160.64 | 24.45 | 0 | 0 | 6.26 | 2.13 | 2.83 | 0.24 | — |
| 4147 | Chuck, arm pot roast, lean & fat, ¼" fat, braised | 3 | ounce(s) | 85 | 41 | 282 | 23 | 0 | 0 | 20 | 7.97 | 8.68 | 0.77 | — |
| 4161 | Chuck, blade roast, lean & fat, ¼" fat, braised | 3 | ounce(s) | 85 | 40 | 293 | 23 | 0 | 0 | 22 | 8.70 | 9.44 | 0.78 | — |
| 5853 | Chuck, blade roast, separable lean, ¼" trim, pot roasted | 3 | ounce(s) | 85 | 0.04 | 209.1 | 27.45 | 0 | 0 | 10.15 | 3.94 | 4.37 | 0.33 | — |
| 4295 | Eye of round, lean, ¼" fat, roasted | 3 | ounce(s) | 85 | 55 | 149 | 25 | 0 | 0 | 5 | 1.76 | 2.06 | 0.15 | — |
| 4285 | Eye of round, lean & fat, ¼" fat, roasted | 3 | ounce(s) | 85 | 51 | 195 | 23 | 0 | 0 | 11 | 4.23 | 4.66 | 0.39 | — |
| | **Steak** | | | | | | | | | | | | | |
| 1757 | Rib, small end, lean, ¼" fat, broiled | 3 | ounce(s) | 85 | 49 | 188 | 24 | 0 | 0 | 10 | 3.84 | 4.01 | 0.27 | — |
| 4349 | Short loin, T-bone steak, lean, ¼" fat, broiled | 3 | ounce(s) | 85 | 52 | 174 | 23 | 0 | 0 | 9 | 3.05 | 4.23 | 0.26 | — |
| 4348 | Short loin, T-bone steak, lean & fat, ¼" fat, broiled | 3 | ounce(s) | 85 | 43 | 274 | 19 | 0 | 0 | 21 | 8.29 | 9.58 | 0.75 | — |
| 4360 | Top loin, prime, lean & fat, ¼" fat, broiled | 3 | ounce(s) | 85 | 43 | 275 | 22 | 0 | 0 | 20 | 8.16 | 8.61 | 0.73 | — |
| | **Variety** | | | | | | | | | | | | | |
| 188 | Liver, pan fried | 3 | ounce(s) | 85 | 53 | 149 | 23 | 4 | 0 | 4 | 1.27 | 0.56 | 0.49 | 0.17 |
| 4447 | Tongue, simmered | 3 | ounce(s) | 85 | 49 | 236 | 16 | 0 | 0 | 19 | 6.91 | 8.59 | 0.56 | 0.71 |
| | **Lamb** | | | | | | | | | | | | | |
| | **Chop** | | | | | | | | | | | | | |
| 3275 | Loin, domestic, lean & fat, ¼" fat, broiled | 3 | ounce(s) | 85 | 44 | 269 | 21 | 0 | 0 | 20 | 8.36 | 8.25 | 1.43 | — |
| 3287 | Shoulder, arm, domestic, lean & fat, ¼" fat, braised | 3 | ounce(s) | 85 | 38 | 294 | 26 | 0 | 0 | 20 | 8.39 | 8.65 | 1.45 | — |
| 3290 | Shoulder, arm, domestic, lean, ¼" fat, braised | 3 | ounce(s) | 85 | 42 | 237 | 30 | 0 | 0 | 12 | 4.28 | 5.24 | 0.78 | — |
| | **Leg** | | | | | | | | | | | | | |
| 3264 | Domestic, lean & fat, ¼" fat, cooked | 3 | ounce(s) | 85 | 46 | 250 | 21 | 0 | 0 | 18 | 7.51 | 7.50 | 1.28 | — |
| | **Rib** | | | | | | | | | | | | | |
| 183 | Domestic, lean, ¼" fat, broiled | 3 | ounce(s) | 85 | 50 | 200 | 24 | 0 | 0 | 11 | 3.95 | 4.43 | 1.00 | — |
| 182 | Domestic, lean & fat, ¼" fat, broiled | 3 | ounce(s) | 85 | 40 | 307 | 19 | 0 | 0 | 25 | 10.80 | 10.30 | 2.01 | — |
| | **Shoulder** | | | | | | | | | | | | | |
| 187 | Arm & blade, domestic, choice, lean, ¼" fat, roasted | 3 | ounce(s) | 85 | 54 | 173 | 21 | 0 | 0 | 9 | 3.47 | 3.71 | 0.81 | — |
| 186 | Arm & blade, domestic, choice, lean & fat, ¼" fat, roasted | 3 | ounce(s) | 85 | 48 | 235 | 19 | 0 | 0 | 17 | 7.17 | 6.94 | 1.38 | — |
| | **Variety** | | | | | | | | | | | | | |
| 3375 | Brain, pan fried | 3 | ounce(s) | 85 | 52 | 232 | 14 | 0 | 0 | 19 | 4.82 | 3.42 | 1.94 | — |
| 3406 | Tongue, braised | 3 | ounce(s) | 85 | 49 | 234 | 18 | 0 | 0 | 17 | 6.66 | 8.50 | 1.06 | — |
| | **Pork** | | | | | | | | | | | | | |
| | **Cured** | | | | | | | | | | | | | |
| 161 | Bacon, cured, broiled, pan fried or roasted | 2 | slice(s) | 13 | 2 | 68 | 5 | <1 | 0 | 5 | 1.73 | 2.33 | 0.57 | 0 |
| 29229 | Bacon, Canadian style, cured | 2 | ounce(s) | 57 | 38 | 89 | 12 | 1 | 0 | 4 | 1.26 | 1.79 | 0.36 | — |
| 35422 | Breakfast strips, cured, cooked | 3 | slice(s) | 34 | 9 | 156 | 10 | <1 | 0 | 12 | 4.34 | 5.58 | 1.92 | — |
| 16561 | Ham, smoked or cured, lean, cooked | 1 | slice(s) | 42 | 28 | 66 | 11 | 0 | 0 | 2 | 0.77 | 1.06 | 0.27 | — |
| 189 | Ham, cured, boneless, 11% fat, roasted | 3 | ounce(s) | 85 | 55 | 151 | 19 | 0 | 0 | 8 | 2.65 | 3.77 | 1.20 | — |
| 1316 | Ham, cured, extra lean, 5% fat, roasted | 3 | ounce(s) | 85 | 58 | 123 | 18 | 1 | 0 | 5 | 1.54 | 2.23 | 0.46 | — |
| 29215 | Ham, cured, extra lean, 4% fat, canned | 2 | ounce(s) | 57 | 42 | 68 | 10 | 0 | 0 | 3 | 0.86 | 1.25 | 0.22 | — |
| | **Chop** | | | | | | | | | | | | | |
| 32671 | Loin, blade, lean & fat, pan fried | 3 | ounce(s) | 85 | 42 | 291 | 18 | 0 | 0 | 24 | 8.65 | 9.97 | 2.64 | — |
| 32672 | Loin, center cut, lean & fat, pan fried | 3 | ounce(s) | 85 | 45 | 236 | 25 | 0 | 0 | 14 | 5.11 | 6.00 | 1.62 | — |
| 32682 | Loin, center rib, boneless, lean & fat, braised | 3 | ounce(s) | 85 | 49 | 217 | 22 | 0 | 0 | 13 | 5.21 | 6.13 | 1.12 | — |
| 32603 | Loin, center rib, lean, broiled | 3 | ounce(s) | 85 | 48 | 186 | 26 | 0 | 0 | 8 | 2.94 | 3.78 | 0.53 | — |
| 32481 | Loin, whole, lean, braised | 3 | ounce(s) | 85 | 52 | 174 | 24 | 0 | 0 | 8 | 2.87 | 3.54 | 0.60 | — |
| 32478 | Loin, whole, lean & fat, braised | 3 | ounce(s) | 85 | 50 | 203 | 23 | 0 | 0 | 12 | 4.35 | 5.15 | 1.00 | — |
| | **Leg or ham** | | | | | | | | | | | | | |
| 32471 | Rump portion, lean & fat, roasted | 3 | ounce(s) | 85 | 48 | 214 | 25 | 0 | 0 | 12 | 4.47 | 5.42 | 1.17 | — |
| 32468 | Whole, lean & fat, roasted | 3 | ounce(s) | 85 | 47 | 232 | 23 | 0 | 0 | 15 | 5.50 | 6.70 | 1.43 | — |
| | **Ribs** | | | | | | | | | | | | | |
| 32696 | Loin, country style, lean, roasted | 3 | ounce(s) | 85 | 49 | 210 | 23 | 0 | 0 | 13 | 4.52 | 5.49 | 0.94 | — |
| 32693 | Loin, country style, lean & fat, roasted | 3 | ounce(s) | 85 | 43 | 279 | 20 | 0 | 0 | 22 | 7.83 | 9.36 | 1.71 | — |
| | **Shoulder** | | | | | | | | | | | | | |
| 32629 | Arm picnic, lean, roasted | 3 | ounce(s) | 85 | 51 | 194 | 23 | 0 | 0 | 11 | 3.66 | 5.09 | 1.02 | — |

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**PAGE KEY:** H–2 = Breads/Baked Goods H–6 = Cereal/Rice/Pasta H–10 = Fruit H–14 = Vegetables/Legumes H–24 = Nuts/Seeds H–26 = Vegetarian H–28 = Dairy H–34 = Eggs H–34 = Seafood H–36 = Meats H–40 = Poultry H–40 = Processed meats H–42 = Beverages H–46 = Fats/Oils H–48 = Sweets H–50 = Spices/Condiments/Sauces H–52 = Mixed foods/Soups/Sandwiches H–58 = Fast food H–74 = Convenience meals H–76 = Baby foods

| Chol (mg) | Calc (mg) | Iron (mg) | Magn (mg) | Pota (mg) | Sodi (mg) | Zinc (mg) | Vit A (µg) | Thia (mg) | Vit E (mg α) | Ribo (mg) | Niac (mg) | Vit $B_6$ (mg) | Fola (µg) | Vit C (mg) | Vit $B_{12}$ (µg) | Sele (µg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 66.3 | 4.25 | 2.66 | 23.79 | 332.35 | 56.09 | 3.92 | 0 | 0.06 | — | 0.2 | 3.45 | 0.31 | 10.19 | 0 | 2.29 | 23.29 |
| 84 | 9 | 2.64 | 16 | 209 | 51 | 5.81 | 0 | 0.06 | 0.19 | 0.20 | 2.70 | 0.24 | 8 | 0 | 3 | 21 |
| 88 | 11 | 2.64 | 16 | 196 | 54 | 7.07 | 0 | 0.06 | 0.15 | 0.20 | 2.06 | 0.22 | 4 | 0 | 2 | 21 |
| 73.94 | 11.05 | 3.12 | 19.54 | 223.55 | 60.34 | 8.72 | 0 | 0.06 | — | 0.23 | 0 | 0.24 | — | 0 | 2.09 | 22.69 |
| 59 | 4 | 1.66 | 23 | 336 | 53 | 4.03 | 0 | 0.08 | — | 0.14 | 3.19 | 0.32 | 6 | 0 | 2 | 23 |
| 61 | 5 | 1.56 | 20 | 308 | 50 | 3.69 | 0 | 0.07 | 0.15 | 0.14 | 2.97 | 0.30 | 6 | 0 | 2 | 22 |
| 68 | 11 | 2.18 | 23 | 335 | 59 | 5.94 | 0 | 0.09 | 0.12 | 0.19 | 4.08 | 0.34 | 7 | 0 | 3 | 19 |
| 50 | 5 | 3.11 | 22 | 278 | 65 | 4.34 | 0 | 0.09 | 0.12 | 0.21 | 3.94 | 0.33 | 7 | 0 | 2 | 9 |
| 58 | 7 | 2.56 | 18 | 234 | 58 | 3.56 | 0 | 0.08 | 0.19 | 0.18 | 3.29 | 0.28 | 6 | 0 | 2 | 10 |
| 67 | 8 | 1.89 | 20 | 294 | 54 | 3.85 | 0 | 0.07 | — | 0.15 | 3.96 | 0.31 | 6 | 0 | 2 | 19 |
| 324 | 5 | 5.24 | 19 | 298 | 65 | 4.45 | 6582 | 0.15 | 0.39 | 2.91 | 14.85 | 0.87 | 221 | 1 | 71 | 28 |
| 112 | 4 | 2.22 | 13 | 156 | 55 | 34.77 | 0 | 0.02 | 0.25 | 0.25 | 2.97 | 0.13 | 6 | 1 | 3 | 11 |
| 85 | 17 | 1.54 | 20 | 278 | 65 | 2.96 | 0 | 0.09 | 0.11 | 0.21 | 6.04 | 0.11 | 15 | 0 | 2 | 23 |
| 102 | 21 | 2.03 | 22 | 260 | 61 | 5.17 | 0 | 0.06 | 0.13 | 0.21 | 5.66 | 0.09 | 15 | 0 | 2 | 32 |
| 103 | 22 | 2.30 | 25 | 287 | 65 | 6.21 | 0 | 0.06 | 0.15 | 0.23 | 5.38 | 0.11 | 19 | 0 | 2 | 32 |
| 82 | 14 | 1.60 | 20 | 264 | 61 | 3.79 | 0 | 0.09 | 0.12 | 0.21 | 5.66 | 0.11 | 15 | 0 | 2 | 22 |
| 77 | 14 | 1.88 | 25 | 266 | 72 | 4.48 | 0 | 0.09 | 0.15 | 0.21 | 5.57 | 0.13 | 18 | 0 | 2 | 26 |
| 84 | 16 | 1.60 | 20 | 230 | 65 | 3.40 | 0 | 0.08 | 0.10 | 0.19 | 5.95 | 0.09 | 12 | 0 | 2 | 20 |
| 74 | 16 | 1.81 | 21 | 225 | 58 | 5.13 | 0 | 0.08 | 0.15 | 0.22 | 4.90 | 0.13 | 21 | 0 | 2 | 24 |
| 78 | 17 | 1.67 | 20 | 213 | 56 | 4.45 | 0 | 0.08 | 0.12 | 0.20 | 5.23 | 0.11 | 18 | 0 | 2 | 22 |
| 2128 | 18 | 1.73 | 19 | 304 | 133 | 1.70 | 0 | 0.14 | — | 0.31 | 3.87 | 0.20 | 6 | 20 | 20 | 10 |
| 161 | 9 | 2.24 | 14 | 134 | 57 | 2.54 | 0 | 0.07 | — | 0.36 | 3.14 | 0.14 | 3 | 6 | 5 | 24 |
| 14 | 1 | 0.18 | 4 | 71 | 291 | 0.44 | 1 | 0.05 | 0.04 | 0.03 | 1.40 | 0.04 | <1 | 0 | <1 | 8 |
| 28 | 5 | 0.39 | 10 | 195 | 799 | 0.79 | 0 | 0.43 | 0.12 | 0.10 | 3.53 | 0.22 | 2 | 0 | <1 | 14 |
| 36 | 5 | 0.67 | 9 | 158 | 714 | 1.25 | 0 | 0.25 | 0.09 | 0.13 | 2.58 | 0.12 | 1 | 0 | 1 | 8 |
| 23 | 3 | 0.40 | 9 | 133 | 557 | 1.08 | 0 | 0.29 | 0.11 | 0.11 | 2.11 | 0.20 | 2 | 0 | <1 | — |
| 50 | 7 | 1.14 | 19 | 348 | 1275 | 2.10 | 0 | 0.62 | 0.26 | 0.28 | 5.23 | 0.26 | 3 | 0 | 1 | 17 |
| 45 | 7 | 1.26 | 12 | 244 | 1023 | 2.45 | 0 | 0.64 | 0.21 | 0.17 | 3.42 | 0.34 | 3 | 0 | 1 | 17 |
| 22 | 3 | 0.53 | 10 | 206 | 712 | 1.09 | 0 | 0.47 | 0.10 | 0.13 | 3.01 | 0.26 | 3 | 0 | <1 | 8 |
| 72 | 26 | 0.75 | 18 | 282 | 57 | 2.71 | 3 | 0.53 | 0.17 | 0.25 | 3.36 | 0.29 | 3 | 1 | 1 | 30 |
| 78 | 23 | 0.77 | 25 | 361 | 68 | 1.96 | 2 | 0.97 | 0.21 | 0.26 | 4.76 | 0.40 | 5 | 1 | 1 | 33 |
| 62 | 4 | 0.78 | 14 | 329 | 34 | 1.76 | 2 | 0.45 | 0.21 | 0.21 | 3.67 | 0.26 | 3 | <1 | <1 | 28 |
| 69 | 26 | 0.70 | 24 | 357 | 55 | 2.02 | 2 | 0.95 | 0.25 | 0.28 | 5.25 | 0.40 | 3 | <1 | 1 | 40 |
| 67 | 15 | 0.96 | 17 | 329 | 43 | 2.11 | 2 | 0.56 | 0.18 | 0.23 | 3.90 | 0.33 | 3 | 1 | <1 | 41 |
| 68 | 18 | 0.91 | 16 | 318 | 41 | 2.02 | 2 | 0.54 | 0.20 | 0.22 | 3.76 | 0.31 | 3 | 1 | <1 | 39 |
| 82 | 10 | 0.89 | 23 | 318 | 53 | 2.40 | 3 | 0.64 | 0.19 | 0.28 | 3.96 | 0.27 | 3 | <1 | 1 | 40 |
| 80 | 12 | 0.86 | 19 | 299 | 51 | 2.52 | 3 | 0.54 | 0.19 | 0.27 | 3.89 | 0.34 | 9 | <1 | 1 | 39 |
| 79 | 25 | 1.10 | 20 | 297 | 25 | 3.24 | 2 | 0.49 | — | 0.29 | 3.97 | 0.37 | 4 | <1 | 1 | 36 |
| 78 | 21 | 0.90 | 20 | 293 | 44 | 2.01 | 3 | 0.76 | — | 0.29 | 3.67 | 0.38 | 4 | <1 | 1 | 32 |
| 81 | 8 | 1.21 | 17 | 299 | 68 | 3.46 | 2 | 0.49 | — | 0.30 | 3.67 | 0.35 | 4 | <1 | 1 | 33 |

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**TABLE H–1**

**Food Composition** (DA+ code is for Wadsworth Diet Analysis program) (For purposes of calculations, use "0" for t, <1, <.1, <.01, etc.)

| DA + Code | Food Description | Quantity | Measure | Wt (g) | $H_2O$ (g) | Ener (kcal) | Prot (g) | Carb (g) | Fiber (g) | Fat (g) | Fat Breakdown (g) Sat | Mono | Poly | *Trans* |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **BEEF, LAMB, PORK**—Continued | | | | | | | | | | | | | |
| 32626 | Arm picnic, lean & fat, roasted | 3 | ounce(s) | 85 | 44 | 270 | 20 | 0 | 0 | 20 | 7.47 | 9.12 | 2.00 | — |
| | **Rabbit** | | | | | | | | | | | | | |
| 3366 | Domesticated, roasted | 3 | ounce(s) | 85 | 52 | 167 | 25 | 0 | 0 | 7 | 2.04 | 1.84 | 1.33 | — |
| 3367 | Domesticated, stewed | 3 | ounce(s) | 85 | 50 | 175 | 26 | 0 | 0 | 7 | 2.13 | 1.93 | 1.39 | — |
| | **Veal** | | | | | | | | | | | | | |
| 3391 | Liver, braised | 3 | ounce(s) | 85 | 51 | 163 | 24 | 3 | 0 | 5 | 1.69 | 0.97 | 0.88 | 0.26 |
| 3319 | Rib, lean only, roasted | 3 | ounce(s) | 85 | 55 | 150 | 22 | 0 | 0 | 6 | 1.77 | 2.26 | 0.57 | — |
| 1732 | **Deer or venison, roasted** | 3 | ounce(s) | 85 | 55 | 134 | 26 | 0 | 0 | 3 | 1.06 | 0.75 | 0.53 | — |
| | **POULTRY** | | | | | | | | | | | | | |
| | **Chicken** | | | | | | | | | | | | | |
| 29562 | Flaked, canned | 2 | ounce(s) | 57 | 0.03 | 97.47 | 10.37 | 0.05 | 0 | 5.87 | 1.62 | 2.32 | 1.29 | — |
| | **Fried** | | | | | | | | | | | | | |
| 29632 | Breast, meat only, breaded, baked or fried | 3 | ounce(s) | 85 | 44 | 193 | 25 | 7 | <1 | 7 | 1.62 | 2.66 | 1.73 | — |
| 35327 | Broiler breast, meat only, fried | 3 | ounce(s) | 85 | 51 | 159 | 28 | <1 | 0 | 4 | 1.10 | 1.46 | 0.91 | — |
| 36413 | Broiler breast, meat & skin, flour coated, fried | 3 | ounce(s) | 85 | 48 | 189 | 27 | 1 | <.1 | 8 | 2.08 | 2.98 | 1.67 | — |
| 35389 | Broiler drumstick, meat only, fried | 3 | ounce(s) | 85 | 53 | 166 | 24 | 0 | 0 | 7 | 1.81 | 2.50 | 1.68 | — |
| 36414 | Broiler drumstick, meat & skin, flour coated, fried | 3 | ounce(s) | 85 | 48 | 208 | 23 | 1 | <.1 | 12 | 3.11 | 4.61 | 2.75 | — |
| 35406 | Broiler leg, meat only, fried | 3 | ounce(s) | 85 | 52 | 177 | 24 | 1 | 0 | 8 | 2.12 | 2.92 | 1.89 | — |
| 35484 | Broiler wing, meat only, fried | 3 | ounce(s) | 85 | 51 | 179 | 26 | 0 | 0 | 8 | 2.13 | 2.62 | 1.76 | — |
| 29580 | Patty, fillet, or tenders, breaded, cooked | 3 | ounce(s) | 85 | 42 | 241 | 14 | 13 | <1 | 15 | 4.62 | 7.25 | 1.87 | — |
| | **Roasted, meat only** | | | | | | | | | | | | | |
| 35409 | Broiler chicken leg | 3 | ounce(s) | 85 | 55 | 162 | 23 | 0 | 0 | 7 | 1.95 | 2.59 | 1.68 | — |
| 35486 | Broiler chicken wing | 3 | ounce(s) | 85 | 53 | 173 | 26 | 0 | 0 | 7 | 1.92 | 2.22 | 1.51 | — |
| 35138 | Roasting chicken, dark meat | 3 | ounce(s) | 85 | 57 | 151 | 20 | 0 | 0 | 7 | 2.07 | 2.82 | 1.70 | — |
| 35136 | Roasting chicken, light meat | 3 | ounce(s) | 85 | 58 | 130 | 23 | 0 | 0 | 3 | 0.92 | 1.29 | 0.79 | — |
| 35132 | Roasting chicken | 3 | ounce(s) | 85 | 57 | 142 | 21 | 0 | 0 | 6 | 1.54 | 2.13 | 1.28 | — |
| | **Stewed** | | | | | | | | | | | | | |
| 3174 | Meat only, stewed | 3 | ounce(s) | 85 | 0.05 | 150.44 | 23.19 | 0 | 0 | 5.7 | 1.56 | 2.03 | 1.3 | — |
| 1268 | Gizzard, simmered | 3 | ounce(s) | 85 | 58 | 124 | 26 | 0 | 0 | 2 | 0.57 | 0.45 | 0.30 | 0.11 |
| 1270 | Liver, simmered | 3 | ounce(s) | 85 | 57 | 142 | 21 | 1 | 0 | 6 | 1.75 | 1.20 | 1.08 | 0.08 |
| | **Duck** | | | | | | | | | | | | | |
| 1286 | Domesticated, meat & skin, roasted | 3 | ounce(s) | 85 | 44 | 286 | 16 | 0 | 0 | 24 | 8.22 | 10.97 | 3.10 | — |
| 1287 | Domesticated, meat only, roasted | 3 | ounce(s) | 85 | 55 | 171 | 20 | 0 | 0 | 10 | 3.54 | 3.15 | 1.22 | — |
| | **Goose** | | | | | | | | | | | | | |
| 35507 | Domesticated, meat & skin, roasted | 3 | ounce(s) | 85 | 44 | 259 | 21 | 0 | 0 | 19 | 5.84 | 8.72 | 2.14 | — |
| 35524 | Domesticated, meat only, roasted | 3 | ounce(s) | 85 | 49 | 202 | 25 | 0 | 0 | 11 | 3.88 | 3.69 | 1.31 | — |
| 1297 | Liver pâté, smoked, canned | 4 | tablespoon(s) | 52 | 19 | 240 | 6 | 2 | 0 | 23 | 7.51 | 13.32 | 0.44 | — |
| | **Turkey** | | | | | | | | | | | | | |
| 3256 | Ground turkey, cooked | 3 | ounce(s) | 85 | 51 | 200 | 23 | 0 | 0 | 11 | 2.88 | 4.16 | 2.75 | — |
| 222 | Roasted, fryer roaster breast, meat only | 3 | ounce(s) | 85 | 58 | 115 | 26 | 0 | 0 | 1 | 0.20 | 0.11 | 0.17 | — |
| 219 | Roasted, dark meat, meat only | 3 | ounce(s) | 85 | 54 | 159 | 24 | 0 | 0 | 6 | 2.06 | 1.39 | 1.84 | — |
| 220 | Roasted, light meat, meat only | 3 | ounce(s) | 85 | 56 | 133 | 25 | 0 | 0 | 3 | 0.88 | 0.48 | 0.73 | — |
| 3263 | Patty, batter coated, breaded, fried | 1 | item(s) | 94 | 47 | 266 | 13 | 15 | <1 | 17 | 4.41 | 7.02 | 4.43 | — |
| 1302 | Turkey roll, light meat | 2 | slice(s) | 57 | 41 | 83 | 11 | <1 | 0 | 4 | 1.15 | 1.42 | 0.99 | — |
| 1303 | Turkey roll, light & dark meat | 2 | slice(s) | 57 | 40 | 84 | 10 | 1 | 0 | 4 | 1.16 | 1.30 | 1.01 | — |
| | **PROCESSED MEATS** | | | | | | | | | | | | | |
| | **Beef** | | | | | | | | | | | | | |
| 1331 | Corned beef loaf, jellied, sliced | 2 | slice(s) | 57 | 39 | 87 | 13 | 0 | 0 | 3 | 1.47 | 1.52 | 0.18 | — |
| | **Bologna** | | | | | | | | | | | | | |
| 13458 | Made w/chicken, pork, & beef | 1 | slice(s) | 28 | 15 | 90 | 3 | 1 | 0 | 8 | 3.00 | 4.05 | 1.10 | — |
| 13461 | Light, made w/pork, chicken, & beef | 1 | slice(s) | 28 | 18 | 60 | 3 | 2 | 0 | 4 | 1.50 | 2.04 | 0.43 | — |
| 13459 | Beef | 1 | slice(s) | 28 | 15 | 90 | 3 | 1 | 0 | 8 | 3.50 | 4.26 | 0.31 | — |
| 13565 | Turkey | 1 | slice(s) | 28 | 19 | 50 | 3 | 1 | 0 | 4 | 1.00 | 1.09 | 0.98 | — |
| | **Chicken** | | | | | | | | | | | | | |
| 13562 | Oven roasted white chicken | 1 | slice(s) | 28 | 20 | 40 | 4 | 1 | 0 | 3 | 0.50 | — | — | — |
| | **Ham** | | | | | | | | | | | | | |
| 13581 | Honey glazed, traditional carved | 2 | slice(s) | 45 | — | 50 | 8 | 1 | 0 | 2 | 0.50 | 0.68 | 0.18 | — |
| 13777 | Deli sliced cooked | 1 | slice(s) | 28 | — | 30 | 5 | 1 | 0 | 1 | 0.50 | 0.39 | 0.11 | — |
| 13778 | Deli sliced honey | 1 | slice(s) | 28 | — | 35 | 5 | 1 | 0 | 1 | 0.50 | 0.39 | 0.11 | — |
| 8614 | **Pork & beef mortadella, sliced** | 2 | slice(s) | 46 | 24 | 143 | 8 | 1 | 0 | 12 | 4.37 | 5.23 | 1.44 | — |

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**PAGE KEY:** H–2 = Breads/Baked Goods H–6 = Cereal/Rice/Pasta H–10 = Fruit H–14 = Vegetables/Legumes H–24 = Nuts/Seeds H–26 = Vegetarian H–28 = Dairy H–34 = Eggs H–34 = Seafood H–36 = Meats H–40 = Poultry H–40 = Processed meats H–42 = Beverages H–46 = Fats/Oils H–48 = Sweets H–50 = Spices/Condiments/Sauces H–52 = Mixed foods/Soups/Sandwiches H–58 = Fast food H–74 = Convenience meals H–76 = Baby foods

| Chol (mg) | Calc (mg) | Iron (mg) | Magn (mg) | Pota (mg) | Sodi (mg) | Zinc (mg) | Vit A (µg) | Thia (mg) | Vit E (mg α) | Ribo (mg) | Niac (mg) | Vit $B_6$ (mg) | Fola (µg) | Vit C (mg) | Vit $B_{12}$ (µg) | Sele (µg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 80 | 16 | 1.00 | 14 | 276 | 60 | 2.93 | 2 | 0.44 | — | 0.26 | 3.33 | 0.30 | 3 | <1 | 1 | 29 |
| 70 | 16 | 1.93 | 18 | 326 | 40 | 1.93 | 0 | 0.08 | — | 0.18 | 7.17 | 0.40 | 9 | 0 | 7 | 33 |
| 73 | 17 | 2.01 | 17 | 255 | 31 | 2.01 | 0 | 0.05 | 0.37 | 0.14 | 6.09 | 0.29 | 8 | 0 | 6 | 33 |
| 434 | 5 | 4.34 | 17 | 280 | 66 | 9.55 | 17973 | 0.15 | 0.58 | 2.43 | 11.18 | 0.78 | 281 | 1 | 72 | 16 |
| 98 | 10 | 0.82 | 20 | 264 | 82 | 3.82 | 0 | 0.05 | 0.31 | 0.25 | 6.38 | 0.23 | 12 | 0 | 1 | 9 |
| 95 | 6 | 3.80 | 20 | 285 | 46 | 2.34 | 0 | 0.15 | — | 0.51 | 5.70 | — | — | 0 | — | 11 |
| 35.34 | 7.98 | 0.9 | 6.84 | 148.19 | 410.39 | 0.8 | 19.37 | 0 | — | 0.07 | 3.6 | 0.19 | — | 0 | 0.16 | — |
| 67 | 19 | 1.05 | 25 | 223 | 450 | 0.84 | — | 0.08 | — | 0.10 | 10.98 | 0.47 | 4 | 0 | <1 | — |
| 77 | 14 | 0.97 | 26 | 235 | 67 | 0.92 | — | 0.07 | — | 0.11 | 12.57 | 0.54 | 3 | 0 | <1 | 22 |
| 76 | 14 | 1.01 | 26 | 220 | 65 | 0.94 | — | 0.07 | — | 0.11 | 11.69 | 0.49 | 5 | 0 | <1 | 20 |
| 80 | 10 | 1.12 | 20 | 212 | 82 | 2.74 | — | 0.07 | — | 0.20 | 5.23 | 0.33 | 8 | 0 | <1 | 17 |
| 77 | 10 | 1.14 | 20 | 195 | 76 | 2.46 | — | 0.07 | — | 0.19 | 5.13 | 0.30 | 9 | 0 | <1 | 16 |
| 84 | 11 | 1.19 | 21 | 216 | 82 | 2.53 | — | 0.07 | — | 0.21 | 5.69 | 0.33 | 8 | 0 | <1 | 16 |
| 71 | 13 | 0.97 | 18 | 177 | 77 | 1.80 | — | 0.04 | — | 0.11 | 6.16 | 0.50 | 3 | 0 | <1 | 22 |
| 51 | 14 | 1.06 | 17 | 209 | 452 | 0.88 | — | 0.08 | — | 0.12 | 5.71 | 0.26 | 9 | <1 | <1 | — |
| 80 | 10 | 1.11 | 20 | 206 | 77 | 2.43 | — | 0.06 | — | 0.20 | 5.37 | 0.32 | 7 | 0 | <1 | 19 |
| 72 | 14 | 0.99 | 18 | 179 | 78 | 1.82 | — | 0.04 | — | 0.11 | 6.22 | 0.50 | 3 | 0 | <1 | 21 |
| 64 | 9 | 1.13 | 17 | 191 | 81 | 1.81 | 14 | 0.05 | — | 0.16 | 4.88 | 0.26 | 6 | 0 | <1 | 17 |
| 64 | 11 | 0.92 | 20 | 201 | 43 | 0.66 | 7 | 0.05 | 0.23 | 0.08 | 8.90 | 0.46 | 3 | 0 | <1 | 22 |
| 64 | 10 | 1.03 | 18 | 195 | 64 | 1.29 | 10 | 0.05 | — | 0.13 | 6.70 | 0.35 | 4 | 0 | <1 | 21 |
| 70.55 | 11.89 | 0.99 | 17.85 | 153 | 59.5 | 1.69 | 12.75 | 0.04 | 0.23 | 0.13 | 5.19 | 0.22 | 5.09 | 0 | 0.18 | 17.76 |
| 315 | 14 | 2.71 | 3 | 152 | 48 | 3.76 | 0 | 0.02 | 0.17 | 0.18 | 2.65 | 0.06 | 4 | 0 | 1 | 35 |
| 479 | 9 | 9.89 | 21 | 224 | 65 | 3.38 | 3384 | 0.25 | 0.70 | 1.69 | 9.39 | 0.64 | 491 | 24 | 14 | 70 |
| 71 | 9 | 2.30 | 14 | 173 | 50 | 1.58 | 54 | 0.15 | 0.59 | 0.23 | 4.10 | 0.15 | 5 | 0 | <1 | 17 |
| 76 | 10 | 2.30 | 17 | 214 | 55 | 2.21 | 20 | 0.22 | 0.59 | 0.40 | 4.34 | 0.21 | 9 | 0 | <1 | 19 |
| 77 | 11 | 2.41 | 19 | 280 | 60 | 2.23 | 18 | 0.07 | — | 0.28 | 3.55 | 0.32 | 2 | 0 | <1 | 19 |
| 82 | 12 | 2.44 | 21 | 330 | 65 | 2.70 | 10 | 0.08 | — | 0.33 | 3.47 | 0.40 | 10 | 0 | <1 | 22 |
| 78 | 36 | 2.86 | 7 | 72 | 362 | 0.48 | 521 | 0.05 | — | 0.16 | 1.31 | 0.03 | 31 | 0 | 5 | 23 |
| 87 | 21 | 1.64 | 20 | 230 | 91 | 2.43 | 0 | 0.05 | 0.29 | 0.14 | 4.10 | 0.33 | 6 | 0 | <1 | 32 |
| 71 | 10 | 1.30 | 25 | 248 | 44 | 1.48 | 0 | 0.04 | 0.08 | 0.11 | 6.37 | 0.48 | 5 | 0 | <1 | 27 |
| 72 | 27 | 1.98 | 20 | 247 | 67 | 3.79 | 0 | 0.05 | 0.54 | 0.21 | 3.10 | 0.31 | 8 | 0 | <1 | 35 |
| 59 | 16 | 1.15 | 24 | 259 | 54 | 1.73 | 0 | 0.05 | 0.08 | 0.11 | 5.81 | 0.46 | 5 | 0 | <1 | 27 |
| 58 | 13 | 2.07 | 14 | 259 | 752 | 1.35 | 10 | 0.09 | 1.18 | 0.18 | 2.16 | 0.19 | 26 | 0 | <1 | 19 |
| 24 | 23 | 0.73 | 9 | 142 | 277 | 0.88 | 0 | 0.05 | 0.07 | 0.13 | 3.97 | 0.18 | 2 | 0 | <1 | 13 |
| 31 | 18 | 0.77 | 10 | 153 | 332 | 1.13 | 0 | 0.05 | 0.19 | 0.16 | 2.72 | 0.15 | 3 | 0 | <1 | 17 |
| 27 | 6 | 1.16 | 6 | 57 | 540 | 2.32 | 0 | 0.00 | — | 0.06 | 1.00 | 0.07 | 5 | 0 | 1 | 10 |
| 30 | 0 | 0.36 | 6 | 43 | 290 | 0.40 | 0 | — | — | — | — | — | — | 0 | — | — |
| 15 | 0 | 0.36 | 6 | 46 | 310 | 0.45 | 0 | — | — | — | — | — | — | 0 | — | — |
| 20 | 0 | 0.36 | 4 | 47 | 310 | 0.57 | 0 | 0.01 | — | 0.03 | 0.68 | 0.05 | 4 | 0 | <1 | — |
| 20 | 40 | 0.36 | 6 | 43 | 270 | 0.52 | 0 | — | — | — | — | — | — | 0 | — | — |
| 15 | 0 | 0.36 | 7 | 85 | 350 | 0.32 | 0 | — | — | — | — | — | — | 0 | — | — |
| 25 | 0 | 0.72 | — | — | 560 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 15 | 0 | 0.00 | — | — | 240 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 15 | 0 | 0.00 | — | — | 240 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 26 | 8 | 0.64 | 5 | 75 | 573 | 0.97 | 0 | 0.05 | 0.10 | 0.07 | 1.23 | 0.06 | 1 | 0 | 1 | 10 |

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**TABLE H–1**

**Food Composition** (DA+ code is for Wadsworth Diet Analysis program) (For purposes of calculations, use "0" for t, <1, <.1, <.01, etc.)

| DA + Code | Food Description | Quantity | Measure | Wt (g) | $H_2O$ (g) | Ener (kcal) | Prot (g) | Carb (g) | Fiber (g) | Fat (g) | Fat Breakdown (g) Sat | Mono | Poly | *Trans* |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **PROCESSED MEATS**—Continued | | | | | | | | | | | | | |
| 1323 | **Pork olive loaf** | 2 | slice(s) | 57 | 33 | 133 | 7 | 5 | 0 | 9 | 3.32 | 4.47 | 1.10 | — |
| 1324 | **Pork pickle & pimento loaf** | 2 | slice(s) | 57 | 32 | 149 | 7 | 3 | 0 | 12 | 4.45 | 5.45 | 1.47 | — |
| | **Sausages & frankfurters** | | | | | | | | | | | | | |
| 37296 | Beerwurst beef beer salami (bierwurst) | 1 | slice(s) | 29 | 17 | 74 | 4 | 1 | 0 | 6 | 2.50 | 2.69 | 0.21 | — |
| 37257 | Beerwurst pork beer salami | 1 | slice(s) | 21 | 13 | 50 | 3 | <1 | 0 | 4 | 1.32 | 1.89 | 0.50 | — |
| 35338 | Berliner, pork & beef | 1 | ounce(s) | 28 | 17 | 65 | 4 | 1 | 0 | 5 | 1.72 | 2.27 | 0.45 | — |
| 37299 | Braunschweiger pork liver sausage | 1 | slice(s) | 15 | 0 | 51.34 | 1.97 | 0.34 | 0 | 4.48 | 1.52 | 2.08 | 0.52 | — |
| 37298 | Bratwurst pork, cooked | 1 | piece(s) | 74 | 42 | 181 | 10 | 2 | 0 | 14 | 5.15 | 6.73 | 1.51 | — |
| 1329 | Cheesefurter or cheese smokie, beef & pork | 1 | item(s) | 43 | 23 | 141 | 6 | 1 | 0 | 12 | 4.52 | 5.89 | 1.30 | — |
| 1330 | Chorizo, beef & pork | 2 | ounce(s) | 57 | 18 | 258 | 14 | 1 | 0 | 22 | 8.15 | 10.43 | 1.96 | — |
| 8600 | Frankfurter, beef | 1 | item(s) | 45 | 23 | 149 | 5 | 2 | 0 | 13 | 5.26 | 6.44 | 0.53 | — |
| 202 | Frankfurter, beef & pork | 1 | item(s) | 57 | 32 | 174 | 7 | 1 | 1 | 16 | 6.14 | 7.79 | 1.56 | — |
| 1293 | Frankfurter, chicken | 1 | item(s) | 45 | 26 | 116 | 6 | 3 | 0 | 9 | 2.49 | 3.82 | 1.82 | — |
| 3261 | Frankfurter, turkey | 1 | item(s) | 45 | 28 | 102 | 6 | 1 | 0 | 8 | 2.65 | 2.51 | 2.25 | — |
| 37275 | Italian sausage, pork, cooked | 1 | item(s) | 68 | 34 | 220 | 14 | 1 | 0 | 17 | 6.14 | 8.13 | 2.23 | — |
| 37307 | Kielbasa, kolbassa, pork & beef | 2⅛ | ounce(s) | 61 | 37 | 135 | 10 | 2 | 0 | 9 | 3.40 | 4.44 | 1.06 | — |
| 1333 | Knockwurst or knackwurst, beef & pork | 2 | ounce(s) | 57 | 31 | 174 | 6 | 2 | 0 | 16 | 5.79 | 7.26 | 1.66 | — |
| 37285 | Pepperoni, beef & pork | 1 | slice(s) | 11 | 3 | 55 | 2 | <1 | 0 | 5 | 1.77 | 2.32 | 0.48 | — |
| 37313 | Polish sausage, pork | 2 | slice(s) | 57 | 31 | 163 | 8 | 2 | — | 14 | 4.91 | 6.42 | 1.46 | — |
| 206 | Salami, beef, cooked, sliced | 2 | slice(s) | 46 | 28 | 119 | 6 | 1 | 0 | 10 | 4.54 | 4.90 | 0.48 | — |
| 37272 | Salami, pork, dry or hard | 1 | slice(s) | 13 | 5 | 52 | 3 | <1 | 0 | 4 | 1.52 | 2.05 | 0.48 | — |
| 3262 | Salami, turkey | 2 | slice(s) | 57 | 31 | 125 | 8 | 11 | <.1 | 5 | 1.98 | 1.80 | 1.43 | 0 |
| 7162 | Sausage, breakfast, turkey | 2½ | ounce(s) | 100 | 67 | 190 | 17 | <1 | 0 | 13 | 3.90 | 6.23 | 3.33 | 0 |
| 8620 | Smoked sausage, beef & pork | 2 | ounce(s) | 57 | 31 | 181 | 7 | 1 | 0 | 16 | 5.54 | 6.94 | 2.23 | 0 |
| 8619 | Smoked, sausage, pork | 2 | ounce(s) | 57 | 22 | 221 | 13 | 1 | 0 | 18 | 6.42 | 8.30 | 2.13 | — |
| 37273 | Smoked, sausage, pork link | 1 | piece(s) | 76 | 30 | 295 | 17 | 2 | — | 24 | 8.58 | 11.09 | 2.85 | — |
| 1336 | Summer sausage, thuringer, or cervelat, beef & pork | 2 | ounce(s) | 57 | 29 | 190 | 9 | <1 | 0 | 17 | 6.82 | 7.35 | 0.68 | — |
| 37294 | Vienna sausage, cocktail, beef & pork, canned | 1 | piece(s) | 16 | 10 | 45 | 2 | <1 | 0 | 4 | 1.49 | 2.01 | 0.27 | — |
| | **Spreads** | | | | | | | | | | | | | |
| 32419 | Pork & beef sandwich spread | 4 | tablespoon(s) | 60 | 36 | 141 | 5 | 7 | <1 | 10 | 3.59 | 4.57 | 1.54 | — |
| 1318 | Ham salad spread | ¼ | cup(s) | 60 | 38 | 130 | 5 | 6 | 0 | 9 | 3.04 | 4.32 | 1.62 | — |
| | **Turkey** | | | | | | | | | | | | | |
| 16049 | Breast, hickory smoked, slices | 1 | slice(s) | 56 | — | 50 | 11 | 1 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 13606 | Breast, hickory smoked fat free | 1 | slice(s) | 28 | — | 25 | 4 | 1 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 16047 | Breast, honey roasted, slices | 1 | slice(s) | 56 | — | 60 | 11 | 2 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 16048 | Breast, oven roasted, slices | 1 | slice(s) | 56 | — | 50 | 11 | 1 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 13583 | Breast, traditional carved | 2 | slice(s) | 45 | — | 40 | 9 | 0 | 0 | 1 | 0.00 | 0.07 | 0.14 | — |
| 13604 | Breast, oven roasted, fat free | 1 | slice(s) | 28 | — | 25 | 4 | 1 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 13567 | Turkey ham, 10% water added | 1 | slice(s) | 28 | 20 | 35 | 5 | 0 | 0 | 1 | 0.00 | 0.22 | 0.31 | — |
| 13596 | Turkey pastrami | 2 | ounce(s) | 56 | — | 70 | 11 | 1 | 0 | 2 | 1.00 | — | — | — |
| 13597 | Turkey salami | 2 | ounce(s) | 56 | — | 120 | 8 | 1 | 0 | 9 | 2.50 | 2.92 | 2.30 | — |
| | **BEVERAGES** | | | | | | | | | | | | | |
| | **Alcoholic** | | | | | | | | | | | | | |
| | **Beer** | | | | | | | | | | | | | |
| 866 | Ale, mild | 12 | fluid ounce(s) | 360 | 332 | 148 | 1 | 13 | 1 | 0 | 0.00 | 0.00 | 0.00 | — |
| 686 | Beer | 12 | fluid ounce(s) | 356 | 336 | 118 | 1 | 6 | <1 | <1 | 0.00 | 0.00 | 0.00 | 0 |
| 869 | Beer, light | 12 | fluid ounce(s) | 354 | 337 | 99 | 1 | 5 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 16886 | Beer, nonalcoholic | 12 | fluid ounce(s) | 360 | 353 | 32 | 1 | 5 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 31608 | Budweiser beer | 12 | fluid ounce(s) | 355 | 328 | 143 | 1 | 11 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 31609 | Bud Light beer | 12 | fluid ounce(s) | 355 | 335 | 110 | 1 | 7 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 31613 | Michelob Beer | 12 | fluid ounce(s) | 355 | 323 | 155 | 1 | 13 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 31614 | Michelob Light beer | 12 | fluid ounce(s) | 355 | 330 | 134 | 1 | 12 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| | **Gin, rum, vodka, whiskey** | | | | | | | | | | | | | |
| 687 | Distilled alcohol, 80 proof | 1 | fluid ounce(s) | 28 | 19 | 64 | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 688 | Distilled alcohol, 86 proof | 1 | fluid ounce(s) | 28 | 18 | 70 | 0 | <.1 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 689 | Distilled alcohol, 90 proof | 1 | fluid ounce(s) | 28 | 17 | 73 | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 856 | Distilled alcohol, 94 proof | 1 | fluid ounce(s) | 28 | 17 | 76 | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 857 | Distilled alcohol, 100 proof | 1 | fluid ounce(s) | 28 | 16 | 82 | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| | **Liqueurs** | | | | | | | | | | | | | |
| 3142 | Coffee liqueur, 63 proof | 1 | fluid ounce(s) | 35 | 14 | 107 | <.1 | 11 | 0 | <1 | 0.04 | 0.01 | 0.04 | — |
| 33187 | Coffee liqueur, 53 proof | 1 | fluid ounce(s) | 35 | 11 | 117 | <.1 | 16 | 0 | <1 | 0.04 | 0.01 | 0.04 | — |

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**PAGE KEY:** H–2 = Breads/Baked Goods H–6 = Cereal/Rice/Pasta H–10 = Fruit H–14 = Vegetables/Legumes H–24 = Nuts/Seeds H–26 = Vegetarian H–28 = Dairy H–34 = Eggs H–34 = Seafood H–36 = Meats H–40 = Poultry H–40 = Processed meats H–42 = Beverages H–46 = Fats/Oils H–48 = Sweets H–50 = Spices/Condiments/Sauces H–52 = Mixed foods/Soups/Sandwiches H–58 = Fast food H–74 = Convenience meals H–76 = Baby foods

| Chol (mg) | Calc (mg) | Iron (mg) | Magn (mg) | Pota (mg) | Sodi (mg) | Zinc (mg) | Vit A (µg) | Thia (mg) | Vit E (mg α) | Ribo (mg) | Niac (mg) | Vit $B_6$ (mg) | Fola (µg) | Vit C (mg) | Vit $B_{12}$ (µg) | Sele (µg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 22 | 62 | 0.31 | 11 | 169 | 843 | 0.78 | 34 | 0.17 | 0.14 | 0.15 | 1.04 | 0.13 | 1 | 0 | 1 | 9 |
| 21 | 54 | 0.58 | 10 | 193 | 789 | 0.80 | 12 | 0.17 | 0.24 | 0.14 | 1.17 | 0.11 | 3 | 0 | 1 | 8 |
| | | | | | | | | | | | | | | | | |
| 18 | 3 | 0.44 | 4 | 67 | 265 | 0.71 | 0 | 0.02 | — | 0.04 | 0.99 | 0.05 | 1 | 0 | 1 | 5 |
| 12 | 2 | 0.16 | 3 | 53 | 261 | 0.36 | 0 | 0.12 | — | 0.04 | 0.69 | 0.07 | 1 | 0 | <1 | — |
| 13 | 3 | 0.33 | 4 | 80 | 368 | 0.70 | 0 | 0.11 | — | 0.06 | 0.88 | 0.06 | 1 | 0 | 1 | 4 |
| 23.69 | 1.36 | 1.42 | 1.67 | 27.49 | 131.54 | 0.42 | 641.01 | 0.03 | — | 0.23 | 1.27 | 0.05 | — | 0 | 3.05 | 8.81 |
| 44 | 33 | 0.96 | 11 | 157 | 412 | 1.70 | 0 | 0.37 | — | 0.14 | 2.37 | 0.16 | 1 | 1 | 1 | 16 |
| | | | | | | | | | | | | | | | | |
| 29 | 25 | 0.46 | 6 | 89 | 465 | 0.97 | 20 | 0.11 | 0.00 | 0.07 | 1.25 | 0.06 | 1 | 0 | 1 | 7 |
| 50 | 5 | 0.90 | 10 | 226 | 700 | 1.93 | 0 | 0.36 | 0.12 | 0.17 | 2.91 | 0.30 | 1 | 0 | 1 | 12 |
| 24 | 6 | 0.68 | 6 | 70 | 513 | 1.11 | 0 | 0.02 | 0.09 | 0.07 | 1.07 | 0.04 | 2 | 0 | 1 | 4 |
| 29 | 6 | 0.66 | 6 | 95 | 638 | 1.05 | 10 | 0.11 | 0.14 | 0.07 | 1.50 | 0.07 | 2 | 0 | 1 | 8 |
| 45 | 43 | 0.90 | 5 | 38 | 617 | 0.47 | 18 | 0.03 | 0.10 | 0.05 | 1.39 | 0.14 | 2 | 0 | <1 | 8 |
| 48 | 48 | 0.83 | 6 | 81 | 642 | 1.40 | 0 | 0.02 | 0.28 | 0.08 | 1.86 | 0.10 | 4 | 0 | <1 | 7 |
| 53 | 16 | 1.02 | 12 | 207 | 627 | 1.62 | 0 | 0.42 | — | 0.16 | 2.83 | 0.22 | 3 | 1 | 1 | 15 |
| 41 | 27 | 0.88 | 10 | 169 | 566 | 1.23 | 0 | 0.14 | — | 0.13 | 1.75 | 0.11 | 3 | 0 | 1 | 11 |
| | | | | | | | | | | | | | | | | |
| 34 | 6 | 0.37 | 6 | 113 | 527 | 0.94 | 0 | 0.19 | — | 0.08 | 1.55 | 0.10 | 1 | 0 | 1 | 8 |
| 9 | 1 | 0.15 | 2 | 38 | 224 | 0.28 | 0 | 0.04 | — | 0.03 | 0.55 | 0.03 | <1 | 0 | <1 | — |
| 40 | 7 | 0.82 | 8 | 102 | 546 | 1.10 | 0 | 0.29 | — | 0.08 | 1.96 | 0.11 | 1 | 1 | 1 | 10 |
| 33 | 3 | 1.01 | 6 | 86 | 524 | 0.81 | 0 | 0.05 | 0.09 | 0.09 | 1.49 | 0.08 | 1 | 0 | 1 | 7 |
| 10 | 2 | 0.17 | 3 | 48 | 289 | 0.54 | 0 | 0.12 | — | 0.04 | 0.72 | 0.07 | <1 | 0 | <1 | 3 |
| 45 | 42 | 0.87 | 15 | 225 | 616 | 1.76 | 1 | 0.24 | 0.14 | 0.17 | 2.26 | 0.24 | 6 | 12 | 1 | 11 |
| 92 | 57 | 2.20 | 18 | 188 | 665 | 2.07 | 0 | 0.04 | 0.00 | 0.12 | 3.55 | 0.29 | 5 | 1 | <1 | — |
| 33 | 7 | 0.43 | 7 | 101 | 517 | 0.71 | 7 | 0.11 | 0.07 | 0.06 | 1.67 | 0.09 | 1 | 0 | <1 | 0 |
| 39 | 17 | 0.66 | 11 | 191 | 851 | 1.60 | 0 | 0.40 | 0.14 | 0.15 | 2.57 | 0.20 | 3 | 1 | 1 | 12 |
| 52 | 23 | 0.88 | 14 | 255 | 1137 | 2.14 | 0 | 0.53 | — | 0.20 | 3.43 | 0.27 | 4 | 0 | 1 | 16 |
| | | | | | | | | | | | | | | | | |
| 43 | 7 | 1.44 | 8 | 154 | 704 | 1.45 | 0 | 0.09 | 0.12 | 0.19 | 2.44 | 0.15 | 1 | 0 | 3 | 12 |
| | | | | | | | | | | | | | | | | |
| 8 | 2 | 0.14 | 1 | 16 | 152 | 0.26 | 0 | 0.01 | — | 0.02 | 0.26 | 0.02 | 1 | 0 | <1 | 3 |
| | | | | | | | | | | | | | | | | |
| 23 | 7 | 0.47 | 5 | 66 | 608 | 0.61 | 16 | 0.10 | 1.04 | 0.08 | 1.04 | 0.07 | 1 | 0 | 1 | 6 |
| 22 | 5 | 0.35 | 6 | 90 | 547 | 0.66 | 0 | 0.26 | 1.04 | 0.07 | 1.26 | 0.09 | 1 | 0 | <1 | 11 |
| | | | | | | | | | | | | | | | | |
| 25 | 0 | 0.72 | — | — | 730 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 10 | 0 | 0.00 | — | — | 300 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 20 | 0 | 0.72 | — | — | 640 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 20 | 0 | 0.72 | — | — | 620 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 20 | 0 | 0.72 | — | — | 540 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 10 | 0 | 0.00 | — | — | 330 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 20 | 0 | 0.36 | 6 | 81 | 310 | 0.73 | 0 | — | — | — | — | — | — | 0 | — | — |
| 40 | 0 | 0.72 | — | — | 590 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 50 | 40 | 0.72 | — | — | 500 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| 0 | 18 | 0.11 | — | — | 18 | — | 0 | 0.02 | 0.00 | 0.10 | 1.63 | — | — | 0 | <.1 | — |
| 0 | 18 | 0.07 | 21 | 89 | 14 | 0.04 | 0 | 0.02 | 0.00 | 0.09 | 1.61 | 0.18 | 21 | 0 | <.1 | 2 |
| 0 | 18 | 0.14 | 18 | 64 | 11 | 0.11 | 0 | 0.03 | 0.00 | 0.11 | 1.39 | 0.12 | 14 | 0 | <.1 | 2 |
| 0 | 25 | 0.04 | 32 | 90 | 18 | 0.04 | — | 0.02 | 0.00 | 0.10 | 1.63 | 0.18 | 22 | 0 | <.1 | — |
| 0 | 18 | 0.11 | 21 | 89 | 9 | 0.07 | 0 | 0.02 | 0.00 | 0.09 | 1.61 | 0.18 | 21 | 0 | <.1 | 4 |
| 0 | 18 | 0.14 | 18 | 64 | 9 | 0.11 | 0 | 0.03 | 0.00 | 0.11 | 1.39 | 0.12 | 15 | 0 | <.1 | 4 |
| 0 | 18 | 0.11 | 21 | 89 | 9 | 0.07 | 0 | 0.02 | 0.00 | 0.09 | 1.61 | 0.18 | 21 | 0 | <.1 | 4 |
| 0 | 18 | 0.14 | 18 | 64 | 9 | 0.11 | 0 | 0.03 | 0.00 | 0.11 | 1.39 | 0.12 | 15 | 0 | <.1 | 4 |
| | | | | | | | | | | | | | | | | |
| 0 | 0 | 0.01 | 0 | 1 | <1 | 0.01 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | 0 |
| 0 | 0 | 0.01 | 0 | 1 | <1 | 0.01 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | 0 |
| 0 | 0 | 0.01 | 0 | 1 | <1 | 0.01 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | 0 |
| 0 | 0 | 0.01 | 0 | 1 | <1 | 0.01 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | 0 |
| 0 | 0 | 0.01 | 0 | 1 | <1 | 0.01 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | 0 |
| | | | | | | | | | | | | | | | | |
| 0 | <1 | 0.02 | 1 | 10 | 3 | 0.01 | 0 | 0.00 | — | 0.00 | 0.05 | 0.00 | 0 | 0 | 0 | <1 |
| 0 | <1 | 0.02 | 1 | 10 | 3 | 0.01 | 0 | 0.00 | 0.00 | 0.00 | 0.05 | 0.00 | 0 | 0 | 0 | <1 |

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**TABLE H–1**

## Food Composition

(DA+ code is for Wadsworth Diet Analysis program) (For purposes of calculations, use "0" for t, <1, <.1, <.01, etc.)

| DA + Code | Food Description | Quantity | Measure | Wt (g) | $H_2O$ (g) | Ener (kcal) | Prot (g) | Carb (g) | Fiber (g) | Fat (g) | Fat Breakdown (g) Sat | Mono | Poly | *Trans* |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **BEVERAGES**—Continued | | | | | | | | | | | | | |
| 736 | Cordials, 54 proof | 1 | fluid ounce(s) | 30 | 9 | 106 | <.1 | 13 | 0 | <.1 | 0.02 | 0.01 | 0.04 | — |
| | **Wine** | | | | | | | | | | | | | |
| 858 | Champagne, domestic | 5 | fluid ounce(s) | 150 | — | 105 | <1 | 4 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 861 | Red wine, California | 5 | fluid ounce(s) | 150 | 133 | 125 | <1 | 4 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 690 | Sweet dessert wine | 5 | fluid ounce(s) | 150 | 106 | 240 | <1 | 21 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 1481 | White wine | 5 | fluid ounce(s) | 148 | 132 | 100 | <1 | 1 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 1811 | Wine cooler | 10 | fluid ounce(s) | 300 | 270 | 150 | <1 | 18 | <.1 | <.1 | 0.01 | 0.00 | 0.02 | — |
| | **Carbonated** | | | | | | | | | | | | | |
| 692 | Club soda | 12 | fluid ounce(s) | 355 | 355 | 0 | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 12010 | Coca-Cola Classic cola soda | 12 | fluid ounce(s) | 360 | — | 146 | 0 | 41 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 12031 | Coke diet cola soda | 12 | fluid ounce(s) | 360 | — | 2 | 0 | <1 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 693 | Cola | 12 | fluid ounce(s) | 426 | 380 | 179 | <1 | 46 | 0 | 0 | 0.00 | 0.00 | 0.00 | — |
| 9522 | Cola soda, decaffeinated | 12 | fluid ounce(s) | 372 | 331 | 156 | <1 | 40 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 1415 | Cola, low calorie w/aspartame | 12 | fluid ounce(s) | 355 | 354 | 4 | <1 | <1 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 9524 | Cola, decaffeinated, low calorie w/aspartame | 12 | fluid ounce(s) | 355 | 354 | 4 | <1 | <1 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 1412 | Cream soda | 12 | fluid ounce(s) | 371 | 321 | 189 | 0 | 49 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 31899 | Diet 7 Up | 12 | fluid ounce(s) | 360 | — | 0 | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 695 | Ginger ale | 12 | fluid ounce(s) | 366 | 334 | 124 | 0 | 32 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 694 | Grape soda | 12 | fluid ounce(s) | 372 | 330 | 160 | 0 | 42 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 1876 | Lemon lime soda | 12 | fluid ounce(s) | 368 | 330 | 147 | 0 | 38 | 0 | 0 | 0.00 | 0.00 | 0.00 | — |
| 29392 | Mountain Dew diet soda | 12 | fluid ounce(s) | 360 | — | 0 | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 29391 | Mountain Dew soda | 12 | fluid ounce(s) | 360 | — | 170 | 0 | 46 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 3145 | Orange soda | 12 | fluid ounce(s) | 372 | 326 | 179 | 0 | 46 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 1414 | Pepper-type soda | 12 | fluid ounce(s) | 368 | 329 | 151 | 0 | 38 | 0 | <1 | 0.26 | 0.00 | 0.00 | — |
| 2391 | Pepper-type or cola soda, low calorie w/saccharin | 12 | fluid ounce(s) | 355 | 354 | 0 | 0 | <1 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 29389 | Pepsi diet cola soda | 12 | fluid ounce(s) | 360 | — | 0 | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 29388 | Pepsi regular cola soda | 12 | fluid ounce(s) | 360 | — | 150 | 0 | 41 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 696 | Root beer | 12 | fluid ounce(s) | 370 | 330 | 152 | 0 | 39 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 31898 | 7 Up | 12 | fluid ounce(s) | 360 | — | 240 | 0 | 59 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 12034 | Sprite diet soda | 12 | fluid ounce(s) | 360 | — | 4 | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 12044 | Sprite soda | 12 | fluid ounce(s) | 360 | — | 144 | 0 | 39 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| | **Coffee** | | | | | | | | | | | | | |
| 731 | Brewed | 8 | fluid ounce(s) | 237 | 236 | 9 | <1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 9520 | Brewed, decaffeinated | 8 | fluid ounce(s) | 237 | 235 | 5 | <1 | 1 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 16882 | Cappuccino | 8 | fluid ounce(s) | 240 | 224 | 78 | 4 | 6 | <1 | 4 | 2.53 | 1.18 | 0.15 | — |
| 16883 | Cappuccino, decaffeinated | 8 | fluid ounce(s) | 240 | 224 | 78 | 4 | 6 | <1 | 4 | 2.53 | 1.18 | 0.15 | — |
| 16880 | Espresso | 8 | fluid ounce(s) | 237 | 235 | 5 | <1 | 1 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 16881 | Espresso, decaffeinated | 8 | fluid ounce(s) | 237 | 235 | 5 | <1 | 1 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 732 | Instant, prepared | 8 | fluid ounce(s) | 239 | 237 | 5 | <1 | 1 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| | **Fruit drinks** | | | | | | | | | | | | | |
| 29357 | Crystal Light low calorie lemonade drink | 8 | fluid ounce(s) | 240 | — | 5 | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 6012 | Fruit punch drink w/added vitamin C, canned | 8 | fluid ounce(s) | 276 | 242 | 129 | 0 | 33 | <1 | <.1 | 0.01 | 0.01 | 0.01 | 0 |
| 260 | Grape drink, canned | 8 | fluid ounce(s) | 250 | 221 | 113 | <.1 | 29 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 266 | Lemonade, from frozen concentrate | 8 | fluid ounce(s) | 248 | 213 | 131 | <1 | 34 | <1 | <1 | 0.02 | 0.00 | 0.04 | — |
| 268 | Limeade, from frozen concentrate | 8 | fluid ounce(s) | 247 | 220 | 104 | <.1 | 26 | 0 | <.1 | 0.00 | 0.00 | 0.00 | — |
| 31143 | Gatorade Thirst Quencher, all flavors | 8 | fluid ounce(s) | 240 | — | 50 | 0 | 14 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 17372 | Kool-Aid (lemonade/punch/fruit drink) | 8 | fluid ounce(s) | 248 | 220 | 108 | <1 | 28 | <1 | <.1 | 0.01 | 0.01 | 0.02 | — |
| 17225 | Kool-Aid sugar free, low calorie tropical punch mix, prepared | 8 | fluid ounce(s) | 240 | — | 5 | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 14266 | Odwalla strawberry 'c' monster fruit drink | 8 | fluid ounce(s) | 240 | — | 150 | 2 | 34 | 1 | 1 | 0.00 | — | — | 0 |
| 10080 | Odwalla strawberry lemonade quencher | 8 | fluid ounce(s) | 240 | — | 120 | 1 | 28 | 1 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 10099 | Snapple fruit punch | 8 | fluid ounce(s) | 240 | — | 110 | 0 | 29 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 10096 | Snapple kiwi strawberry | 8 | fluid ounce(s) | 240 | 211 | 110 | 0 | 28 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| | **Slim Fast ready to drink shake** | | | | | | | | | | | | | |
| 16056 | Dark chocolate fudge | 11 | fluid ounce(s) | 325 | — | 220 | 10 | 42 | 5 | 3 | 1.00 | 1.50 | 0.50 | — |
| 16054 | French vanilla | 11 | fluid ounce(s) | 325 | — | 220 | 10 | 40 | 5 | 3 | 0.50 | 1.50 | 0.50 | — |
| 16055 | Strawberries n cream | 11 | fluid ounce(s) | 325 | — | 220 | 10 | 40 | 5 | 3 | 0.50 | 1.50 | 0.50 | — |
| | **Tea** | | | | | | | | | | | | | |
| 733 | Tea, prepared | 8 | fluid ounce(s) | 237 | 236 | 2 | 0 | 1 | 0 | 0 | 0.00 | 0.00 | 0.01 | 0 |
| 33179 | Decaffeinated, prepared | 8 | fluid ounce(s) | 237 | 236 | 2 | 0 | 1 | 0 | 0 | 0.00 | 0.00 | 0.01 | 0 |
| 1877 | Herbal, prepared | 8 | fluid ounce(s) | 237 | 236 | 2 | 0 | <1 | 0 | 0 | 0.00 | 0.00 | 0.01 | 0 |
| 734 | Instant tea mix, unsweetened, prepared | 8 | fluid ounce(s) | 237 | 236 | 2 | <.1 | <1 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |

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**PAGE KEY:** H–2 = Breads/Baked Goods H–6 = Cereal/Rice/Pasta H–10 = Fruit H–14 = Vegetables/Legumes H–24 = Nuts/Seeds H–26 = Vegetarian H–28 = Dairy H–34 = Eggs H–34 = Seafood H–36 = Meats H–40 = Poultry H–40 = Processed meats H–42 = Beverages H–46 = Fats/Oils H–48 = Sweets H–50 = Spices/Condiments/Sauces H–52 = Mixed foods/Soups/Sandwiches H–58 = Fast food H–74 = Convenience meals H–76 = Baby foods

| Chol (mg) | Calc (mg) | Iron (mg) | Magn (mg) | Pota (mg) | Sodi (mg) | Zinc (mg) | Vit A (µg) | Thia (mg) | Vit E (mg α) | Ribo (mg) | Niac (mg) | Vit $B_6$ (mg) | Fola (µg) | Vit C (mg) | Vit $B_{12}$ (µg) | Sele (µg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 0 | <1 | 0.02 | <1 | 5 | 2 | 0.01 | 0 | 0.00 | 0.00 | 0.00 | 0.02 | 0.00 | 0 | 0 | 0 | — |
| 0 | — | — | — | — | — | — | — | — | — | — | 0.00 | — | — | — | 0 | — |
| 0 | 12 | 1.43 | 16 | 171 | 15 | 0.15 | 0 | 0.02 | 0.00 | 0.04 | 0.12 | 0.05 | 1 | 0 | <.1 | — |
| 0 | 12 | 0.36 | 14 | 138 | 14 | 0.11 | 0 | 0.03 | 0.00 | 0.03 | 0.32 | 0.00 | 0 | 0 | 0 | 1 |
| 0 | 13 | 0.47 | 15 | 118 | 7 | 0.10 | 0 | 0.01 | — | 0.01 | 0.10 | 0.02 | 0 | 0 | 0 | <1 |
| 0 | 17 | 0.81 | 16 | 135 | 25 | 0.17 |  | 0.01 | 0.03 | 0.02 | 0.13 | 0.04 | 4 | 5 | <.1 | — |
| 0 | 18 | 0.04 | 4 | 7 | 75 | 0.36 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | 0 |
| 0 | — | — | — | 0 | 50 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 0 | — | — | — | 18 | 42 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 0 | 13 | 0.09 | 4 | 4 | 17 | 0.04 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | <1 |
| 0 | 11 | 0.07 | 4 | 4 | 15 | 0.04 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | <1 |
| 0 | 11 | 0.11 | 4 | 21 | 18 | 0.00 | 0 | 0.02 | 0.00 | 0.08 | 0.00 | 0.00 | 0 | 0 | 0 | 0 |
| 0 | 14 | 0.11 | 4 | 0 | 21 | 0.28 | 0 | 0.02 | 0.00 | 0.08 | 0.00 | 0.00 | 0 | 0 | 0 | <1 |
| 0 | 19 | 0.19 | 4 | 4 | 44 | 0.26 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | 0 |
| 0 | — | — | — | 116 | 53 | — | — | — | 0.00 | — | — | — | — | — | — | — |
| 0 | 11 | 0.66 | 4 | 4 | 26 | 0.18 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | <1 |
| 0 | 11 | 0.30 | 4 | 4 | 56 | 0.26 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | 0 |
| 0 | 7 | 0.26 | 4 | 4 | 41 | 0.18 | 0 | 0.00 | 0.00 | 0.00 | 0.06 | 0.00 | 0 | 0 | 0 | 0 |
| 0 | — | — | — | 70 | 35 | — | — | — | — | — | — | — | — | — | — | — |
| 0 | — | — | — | 0 | 70 | — | — | — | — | — | — | — | — | — | — | — |
| 0 | 19 | 0.22 | 4 | 7 | 45 | 0.37 | 0 | 0.00 | — | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | 0 |
| 0 | 11 | 0.15 | 0 | 4 | 37 | 0.15 | 0 | 0.00 | — | 0.00 | 0.00 | 0 | 0 | 0 | <1 |  |
| 0 | 14 | 0.07 | 4 | 14 | 57 | 0.11 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | <1 |
| 0 | — | — | — | 30 | 35 | — | — | — | — | — | — | — | — | — | — | — |
| 0 | — | — | — | 0 | 35 | — | — | — | — | — | — | — | — | — | — | — |
| 0 | 18 | 0.18 | 4 | 4 | 48 | 0.26 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | <1 |
| 0 | — | — | — | 0 | 113 | — | — | — | — | — | — | — | — | — | — | — |
| 0 | — | — | — | 110 | 36 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 0 | — | — | — | 0 | 71 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 0 | 2 | 0.02 | 5 | 114 | 2 | 0.02 | 0 | 0.00 | 0.02 | 0.12 | 0.00 | 0.00 | 5 | 0 | 0 | 0 |
| 0 | 5 | 0.12 | 12 | 128 | 5 | 0.05 | 0 | 0.00 | 0.00 | 0.00 | 0.53 | 0.00 | <1 | 0 | 0 | 0 |
| 17 | 152 | 0.26 | 22 | 250 | 62 | 0.50 | — | 0.04 | 0.10 | 0.20 | 0.37 | 0.05 | 5 | 1 | <1 | — |
| 17 | 152 | 0.26 | 22 | 250 | 62 | 0.50 | — | 0.04 | 0.10 | 0.20 | 0.37 | 0.05 | 5 | 1 | <1 | — |
| 0 | 5 | 0.12 | 12 | 128 | 5 | 0.05 | 0 | 0.00 | 0.05 | 0.00 | 0.53 | 0.00 | <1 | 0 | 0 | — |
| 0 | 5 | 0.12 | 12 | 128 | 5 | 0.05 | 0 | 0.00 | 0.05 | 0.00 | 0.53 | 0.00 | <1 | 0 | 0 | — |
| 0 | 10 | 0.10 | 7 | 72 | 5 | 0.02 | 0 | 0.00 | 0.00 | 0.00 | 0.56 | 0.00 | 0 | 0 | 0 | <1 |
| 0 | 0 | 0.00 | — | 160 | 20 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 0 | 22 | 0.58 | 6 | 69 | 61 | 0.33 | — | 0.06 | 0.00 | 0.06 | 0.06 | 0.00 | 4 | 99 | 0 | 0 |
| 0 | 5 | 0.45 | 3 | 30 | 15 | 0.30 | 0 | 0.00 | 0.00 | 0.01 | 0.03 | 0.01 | 0 | 85 | 0 | <1 |
| 0 | 10 | 0.52 | 5 | 50 | 7 | 0.07 | 0 | 0.02 | 0.02 | 0.07 | 0.05 | 0.02 | 2 | 13 | 0 | <1 |
| 0 | 7 | 0.02 | 2 | 22 | 5 | 0.02 | 0 | 0.00 | 0.00 | 0.01 | 0.02 | 0.01 | 2 | 6 | 0 | <1 |
| 0 | 10 | 0.18 | — | 30 | 110 | — | — | — | — | — | — | — | — | 1 | — | — |
| 0 | 14 | 0.46 | 5 | 50 | 31 | 0.20 | — | 0.04 | — | 0.05 | 0.05 | 0.01 | 4 | 42 | 0 | 1 |
| 0 | 0 | 0.00 | — | 10 | 10 | — | 0 | — | — | — | — | — | — | 6 | — | — |
| 0 | 20 | 1.44 | — | 330 | 40 | — | — | — | — | — | — | — | — | 600 | 0 | — |
| 0 | 20 | 0.00 | — | 70 | 30 | — | 0 | — | — | — | — | — | — | 60 | 0 | — |
| 0 | 0 | 0.00 | — | 20 | 10 | — | 0 | — | — | — | — | — | — | 0 | 0 | — |
| 0 | 0 | 0.00 | — | 40 | 10 | — | 0 | — | — | — | — | — | — | 0 | 0 | — |
| 5 | 400 | 2.70 | 140 | 600 | 220 | 2.25 | — | 0.53 | — | 0.60 | 7.00 | 0.70 | 120 | 60 | 2 | 18 |
| 5 | 400 | 2.70 | 140 | 600 | 220 | 2.25 | — | 0.53 | — | 0.60 | 7.00 | 0.70 | 120 | 60 | 2 | 18 |
| 5 | 400 | 2.70 | 140 | 600 | 220 | 2.25 | — | 0.53 | — | 0.60 | 7.00 | 0.70 | 120 | 60 | 2 | 18 |
| 0 | 0 | 0.05 | 7 | 88 | 7 | 0.05 | 0 | 0.00 | 0.00 | 0.03 | 0.00 | 0.00 | 12 | 0 | 0 | 0 |
| 0 | 0 | 0.05 | 7 | 88 | 7 | 0.05 | 0 | 0.00 | 0.00 | 0.03 | 0.00 | 0.00 | 12 | 0 | 0 | 0 |
| 0 | 5 | 0.19 | 2 | 21 | 2 | 0.09 | 0 | 0.02 | 0.00 | 0.01 | 0.00 | 0.00 | 2 | 0 | 0 | 0 |
| 0 | 7 | 0.05 | 5 | 47 | 7 | 0.02 | 0 | 0.00 | 0.00 | 0.00 | 0.09 | 0.00 | 0 | 0 | 0 | 0 |

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**TABLE H–1**

**Food Composition** (DA+ code is for Wadsworth Diet Analysis program) (For purposes of calculations, use "0" for t, <1, <.1, <.01, etc.)

| DA + Code | Food Description | Quantity | Measure | Wt (g) | $H_2O$ (g) | Ener (kcal) | Prot (g) | Carb (g) | Fiber (g) | Fat (g) | Fat Breakdown (g) Sat | Mono | Poly | *Trans* |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **BEVERAGES**—Continued | | | | | | | | | | | | | |
| 735 | Instant lemon flavored tea mix w/sugar, prepared | 8 | fluid ounce(s) | 259 | 236 | 88 | <1 | 22 | 0 | <.1 | 0.01 | 0.00 | 0.02 | — |
| | **Water** | | | | | | | | | | | | | |
| 1413 | Mineral water, carbonated | 8 | fluid ounce(s) | 237 | 237 | 0 | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 33183 | Poland spring water, bottled | 8 | fluid ounce(s) | 237 | 237 | 0 | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 1 | Tap water | 8 | fluid ounce(s) | 237 | 237 | 0 | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.00 | — |
| 1879 | Tonic water | 8 | fluid ounce(s) | 244 | 222 | 83 | 0 | 21 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| | **FATS AND OILS** | | | | | | | | | | | | | |
| | **Butter** | | | | | | | | | | | | | |
| 104 | Butter | 1 | tablespoon(s) | 15 | 2 | 108 | <1 | <.1 | 0 | 12 | 6.13 | 5.00 | 0.43 | — |
| 921 | Unsalted | 1 | tablespoon(s) | 15 | 3 | 108 | <1 | <.1 | 0 | 12 | 7.71 | 3.15 | 0.46 | — |
| 107 | Whipped | 1 | tablespoon(s) | 11 | 2 | 82 | <.1 | <.1 | 0 | 9 | 5.76 | 2.67 | 0.34 | — |
| 944 | Whipped, unsalted | 1 | tablespoon(s) | 11 | 2 | 82 | <.1 | <.1 | 0 | 9 | 5.76 | 2.67 | 0.34 | — |
| 2522 | Butter Buds, dry butter substitute | 1 | teaspoon(s) | 2 | — | 8 | 0 | 2 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| | **Fats, cooking** | | | | | | | | | | | | | |
| 2671 | Beef tallow, semisolid | 1 | tablespoon(s) | 13 | 0 | 115 | 0 | 0 | 0 | 13 | 6.37 | 5.35 | 0.51 | — |
| 922 | Chicken fat | 1 | tablespoon(s) | 13 | <.1 | 115 | 0 | 0 | 0 | 13 | 3.81 | 5.72 | 2.68 | — |
| 5454 | Household shortening w/vegetable oil | 1 | tablespoon(s) | 13 | 0 | 115 | 0 | 0 | 0 | 13 | 3.39 | 5.56 | 2.75 | 2.20 |
| 111 | Lard | 1 | tablespoon(s) | 13 | 0 | 114 | 0 | 0 | 0 | 13 | 4.94 | 5.68 | 1.41 | — |
| | **Margarine** | | | | | | | | | | | | | |
| 114 | Margarine | 1 | tablespoon(s) | 14 | 2 | 101 | <1 | <1 | 0 | 11 | 2.23 | 5.05 | 3.58 | — |
| 116 | Soft | 1 | tablespoon(s) | 14 | 2 | 101 | <1 | <.1 | 0 | 11 | 1.95 | 4.02 | 4.88 | — |
| 117 | Soft, unsalted | 1 | tablespoon(s) | 14 | 3 | 101 | <1 | <1 | 0 | 11 | 1.95 | 5.26 | 3.62 | — |
| 928 | Unsalted | 1 | tablespoon(s) | 14 | 3 | 101 | <.1 | <.1 | 0 | 11 | 2.12 | 5.17 | 3.53 | — |
| 119 | Whipped | 1 | tablespoon(s) | 9 | 1 | 64 | <.1 | <.1 | 0 | 7 | 1.17 | 3.25 | 2.51 | — |
| | **Spreads** | | | | | | | | | | | | | |
| 16164 | I Can't Believe It's Not Butter! whipped spread | 1 | tablespoon(s) | 14 | 4 | 60 | 0 | 0 | 0 | 7 | 1.50 | 1.50 | 2.50 | — |
| 16157 | Promise vegetable oil spread, stick | 1 | tablespoon(s) | 14 | 4 | 90 | 0 | 0 | 0 | 10 | 2.50 | 2.00 | 4.00 | — |
| | **Oils** | | | | | | | | | | | | | |
| 2681 | Canola | 1 | tablespoon(s) | 14 | 0 | 120 | 0 | 0 | 0 | 14 | 0.97 | 8.01 | 4.03 | — |
| 120 | Corn | 1 | tablespoon(s) | 14 | 0 | 120 | 0 | 0 | 0 | 14 | 1.73 | 3.29 | 7.98 | 0.04 |
| 122 | Olive | 1 | tablespoon(s) | 14 | 0 | 119 | 0 | 0 | 0 | 14 | 1.82 | 9.98 | 1.35 | — |
| 124 | Peanut | 1 | tablespoon(s) | 14 | 0 | 119 | 0 | 0 | 0 | 14 | 2.28 | 6.24 | 4.32 | — |
| 2693 | Safflower | 1 | tablespoon(s) | 14 | 0 | 120 | 0 | 0 | 0 | 14 | 0.84 | 10.15 | 1.95 | — |
| 923 | Sesame | 1 | tablespoon(s) | 14 | 0 | 120 | 0 | 0 | 0 | 14 | 1.93 | 5.40 | 5.67 | — |
| 130 | Soybean w/cottonseed oil | 1 | tablespoon(s) | 14 | 0 | 120 | 0 | 0 | 0 | 14 | 2.45 | 4.01 | 6.54 | — |
| 128 | Soybean, hydrogenated | 1 | tablespoon(s) | 14 | 0 | 120 | 0 | 0 | 0 | 14 | 2.03 | 5.85 | 5.11 | — |
| 2700 | Sunflower | 1 | tablespoon(s) | 14 | 0 | 120 | 0 | 0 | 0 | 14 | 1.77 | 6.28 | 4.95 | — |
| 357 | **Pam original no stick cooking spray** | 1 | serving(s) | 0 | — | 0 | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.00 | — |
| | **Salad dressing** | | | | | | | | | | | | | |
| 132 | Blue cheese | 2 | tablespoon(s) | 31 | 10 | 154 | 1 | 2 | 0 | 16 | 3.03 | 3.76 | 8.51 | — |
| 133 | Blue cheese, low calorie | 2 | tablespoon(s) | 32 | 25 | 32 | 2 | 1 | 0 | 2 | 0.82 | 0.57 | 0.78 | — |
| 1764 | Caesar | 2 | tablespoon(s) | 30 | 10 | 158 | <1 | 1 | <.1 | 17 | 2.64 | 4.05 | 9.86 | — |
| 29654 | Creamy, reduced calorie, fat free, cholesterol free, sour cream and/or buttermilk & oil | 2 | tablespoon(s) | 32 | 24 | 34 | <1 | 6 | 0 | 1 | 0.16 | 0.21 | 0.46 | — |
| 29617 | Creamy, reduced calorie, sour cream and/or buttermilk & oil | 2 | tablespoon(s) | 30 | 22 | 48 | <1 | 2 | 0 | 4 | 0.63 | 0.98 | 2.40 | — |
| 134 | French | 2 | tablespoon(s) | 31 | 11 | 143 | <1 | 5 | 0 | 14 | 1.76 | 2.63 | 6.56 | — |
| 135 | French, low fat | 2 | tablespoon(s) | 33 | 18 | 76 | <1 | 10 | <1 | 4 | 0.36 | 1.92 | 1.64 | — |
| 136 | Italian | 2 | tablespoon(s) | 29 | 17 | 86 | <1 | 3 | 0 | 8 | 1.32 | 1.86 | 3.80 | — |
| 137 | Italian, diet | 2 | tablespoon(s) | 30 | 25 | 23 | <1 | 1 | 0 | 2 | 0.14 | 0.66 | 0.51 | — |
| 139 | Mayonnaise type | 2 | tablespoon(s) | 29 | 12 | 115 | <1 | 7 | 0 | 10 | 1.44 | 2.65 | 5.29 | — |
| 942 | Oil & vinegar | 2 | tablespoon(s) | 31 | 15 | 140 | 0 | 1 | 0 | 16 | 2.84 | 4.62 | 7.52 | — |
| 1765 | Ranch | 2 | tablespoon(s) | 30 | 12 | 146 | <1 | 2 | <.1 | 16 | 2.32 | 3.85 | 8.92 | — |
| 3666 | Ranch, reduced calorie | 2 | tablespoon(s) | 30 | 21 | 62 | <1 | 2 | <.1 | 6 | 1.13 | 1.79 | 2.89 | — |
| 940 | Russian | 2 | tablespoon(s) | 31 | 11 | 151 | <1 | 3 | 0 | 16 | 2.23 | 3.61 | 9.00 | — |
| 939 | Russian, low calorie | 2 | tablespoon(s) | 33 | 21 | 46 | <1 | 9 | <.1 | 1 | 0.20 | 0.29 | 0.75 | — |
| 941 | Sesame seed | 2 | tablespoon(s) | 31 | 12 | 136 | 1 | 3 | <1 | 14 | 1.90 | 3.64 | 7.68 | — |
| 142 | Thousand island | 2 | tablespoon(s) | 31 | 15 | 115 | <1 | 5 | <1 | 11 | 1.59 | 2.46 | 5.68 | — |
| 143 | Thousand island, low calorie | 2 | tablespoon(s) | 31 | 19 | 62 | <1 | 7 | <1 | 4 | 0.23 | 1.98 | 0.82 | — |
| | **Sandwich spreads** | | | | | | | | | | | | | |
| 138 | Mayonnaise w/soybean oil | 1 | tablespoon(s) | 14 | 2 | 99 | <1 | 1 | 0 | 11 | 1.64 | 2.70 | 5.89 | 0.04 |

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**PAGE KEY:** H–2 = Breads/Baked Goods H–6 = Cereal/Rice/Pasta H–10 = Fruit H–14 = Vegetables/Legumes H–24 = Nuts/Seeds H–26 = Vegetarian H–28 = Dairy H–34 = Eggs H–34 = Seafood H–36 = Meats H–40 = Poultry H–40 = Processed meats H–42 = Beverages H–46 = Fats/Oils H–48 = Sweets H–50 = Spices/Condiments/Sauces H–52 = Mixed foods/Soups/Sandwiches H–58 = Fast food H–74 = Convenience meals H–76 = Baby foods

| Chol (mg) | Calc (mg) | Iron (mg) | Magn (mg) | Pota (mg) | Sodi (mg) | Zinc (mg) | Vit A (µg) | Thia (mg) | Vit E (mg α) | Ribo (mg) | Niac (mg) | Vit $B_6$ (mg) | Fola (µg) | Vit C (mg) | Vit $B_{12}$ (µg) | Sele (µg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 0 | 5 | 0.05 | 5 | 49 | 8 | 0.03 | 0 | 0.00 | 0.00 | 0.04 | 0.09 | 0.01 | 0 | <1 | 0 | <1 |
| 0 | 33 | 0.00 | 0 | 0 | 2 | 0.00 | 0 | 0.00 | — | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | 0 |
| 0 | 2 | 0.02 | 2 | 0 | 2 | 0.00 | 0 | 0.00 | — | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | 0 |
| 0 | 4.74 | 0.00 | 2.37 | 0 | 4.74 | 0 | 0 | 0 | 0.57 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 0 | 2 | 0.02 | 0 | 0 | 10 | 0.24 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | 0 |
| 32 | 4 | 0.00 | <1 | 4 | 86 | 0.01 | 103 | 0.00 | 0.35 | 0.01 | 0.01 | 0.00 | <1 | 0 | <.1 | <1 |
| 32 | 4 | 0.00 | <1 | 4 | 2 | 0.01 | 103 | 0.00 | 0.35 | 0.01 | 0.01 | 0.00 | <1 | 0 | <.1 | <1 |
| 25 | 3 | 0.02 | <1 | 3 | 94 | 0.01 | 78 | 0.00 | 0.26 | 0.00 | 0.00 | 0.00 | <1 | 0 | <.1 | <1 |
| 25 | 3 | 0.02 | <1 | 3 | 1 | 0.01 | — | 0.00 | 0.26 | 0.00 | 0.01 | 0.00 | <1 | 0 | <.1 | — |
| 0 | 0 | 0.00 | 0 | 2 | 70 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | <1 | 0 | 0 | — |
| 14 | 0 | 0.00 | 0 | 0 | 0 | 0.00 | 0 | 0.00 | 0.35 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | <.1 |
| 11 | 0 | 0.00 | 0 | 0 | 0 | 0.00 | 0 | 0.00 | 0.35 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | <.1 |
| 0 | 0 | 0.00 | 0 | 0 | 0 | 0.00 | 0 | 0.00 | — | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | — |
| 12 | 0 | 0.00 | 0 | 0 | 0 | 0.01 | 0 | 0.00 | 0.08 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | <.1 |
| 0 | 4 | 0.01 | <1 | 6 | 133 | 0.00 | 115 | 0.00 | 1.27 | 0.01 | 0.00 | 0.00 | <1 | <.1 | <.1 | 0 |
| 0 | 4 | 0.00 | <1 | 5 | 152 | 0.00 | 103 | 0.00 | 0.99 | 0.00 | 0.00 | 0.00 | <1 | <.1 | <.1 | 0 |
| 0 | 4 | 0.00 | <1 | 5 | 4 | 0.00 | 103 | 0.00 | 1.23 | 0.00 | 0.00 | 0.00 | <1 | <.1 | <.1 | 0 |
| 0 | 2 | 0.00 | <1 | 4 | <1 | 0.00 | 115 | 0.00 | 1.80 | 0.00 | 0.00 | 0.00 | <1 | <.1 | <.1 | 0 |
| 0 | 2 | 0.00 | <1 | 3 | 97 | 0.00 | — | 0.00 | 0.45 | 0.00 | 0.00 | 0.00 | <.1 | <.1 | <.1 | — |
| 0 | 10 | 0.18 | — | 4 | 70 | — | — | 1.65 | 0.00 | 0.00 | 0.00 | — | — | 1 | — | — |
| 0 | 10 | 0.18 | — | 9 | 90 | — | — | 0.00 | — | 0.00 | 0.00 | — | — | 1 | — | — |
| 0 | 0 | 0.00 | 0 | 0 | 0 | 0.00 | 0 | 0.00 | 2.33 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | 0 |
| 0 | 0 | 0.00 | 0 | 0 | 0 | 0.00 | 0 | 0.00 | 1.94 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | 0 |
| 0 | <1 | 0.09 | 0 | <1 | <1 | 0.00 | 0 | 0.00 | 1.94 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | 0 |
| 0 | 0 | 0.00 | 0 | 0 | 0 | 0.00 | 0 | 0.00 | 2.12 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | 0 |
| 0 | 0 | 0.00 | 0 | 0 | 0 | 0.00 | 0 | 0.00 | 4.64 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | 0 |
| 0 | 0 | 0.00 | 0 | 0 | 0 | 0.00 | 0 | 0.00 | 0.19 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | 0 |
| 0 | 0 | 0.00 | 0 | 0 | 0 | 0.00 | 0 | 0.00 | 1.65 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | 0 |
| 0 | 0 | 0.00 | 0 | 0 | 0 | 0.00 | 0 | 0.00 | 1.10 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | 0 |
| 0 | 0 | 0.00 | 0 | 0 | 0 | 0.00 | 0 | 0.00 | — | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | 0 |
| 0 | 0 | 0.00 | — | 0 | 0 | — | 0 | — | 0.00 | — | — | — | — | 0 | 0 | — |
| 5 | 25 | 0.06 | 0 | 11 | 335 | 0.08 | 21 | 0.00 | 1.84 | 0.03 | 0.03 | 0.01 | 9 | 1 | <.1 | <1 |
| <1 | 28 | 0.16 | 2 | 2 | 384 | 0.08 | — | 0.01 | 0.08 | 0.03 | 0.02 | 0.01 | 1 | <.1 | <.1 | — |
| 1 | 7 | 0.05 | 1 | 9 | 323 | 0.03 | — | 0.00 | 1.57 | 0.00 | 0.01 | 0.00 | 1 | 0 | <.1 | — |
| 0 | 12 | 0.08 | 2 | 43 | 320 | 0.06 | 0 | 0.00 | 0.21 | 0.02 | 0.01 | 0.01 | 1 | 0 | 0 | — |
| 0 | 2 | 0.04 | 1 | 11 | 307 | 0.01 | — | 0.00 | 0.72 | 0.00 | 0.01 | 0.01 | 4 | <1 | <.1 | — |
| 0 | 7 | 0.25 | 2 | 21 | 261 | 0.09 | 7 | 0.01 | 1.56 | 0.02 | 0.06 | 0.00 | 0 | 0 | <.1 | 0 |
| 0 | 4 | 0.28 | 3 | 35 | 262 | 0.07 | 9 | 0.01 | 0.10 | 0.02 | 0.15 | 0.02 | 1 | 0 | 0 | 1 |
| 0 | 2 | 0.19 | 1 | 14 | 486 | 0.04 | 1 | 0.00 | 1.47 | 0.01 | 0.00 | 0.02 | 0 | 0 | 0 | 1 |
| 2 | 3 | 0.20 | 1 | 26 | 410 | 0.06 | <1 | 0.00 | 0.06 | 0.00 | 0.00 | 0.02 | 0 | 0 | 0 | 2 |
| 8 | 4 | 0.06 | 1 | 3 | 209 | 0.05 | 19 | 0.00 | 0.61 | 0.01 | 0.00 | 0.00 | 2 | 0 | <.1 | <1 |
| 0 | 0 | 0.00 | 0 | 2 | <1 | 0.00 | 0 | 0.00 | 1.44 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | 0 |
| 1 | 4 | 0.03 | 1 | 8 | 354 | 0.01 | — | 0.00 | 1.85 | 0.00 | 0.00 | 0.00 | <1 | <.1 | <.1 | — |
| <1 | 5 | 0.01 | 1 | 8 | 414 | 0.02 | — | 0.00 | 0.73 | 0.01 | 0.01 | 0.00 | <1 | <1 | <.1 | — |
| 6 | 6 | 0.18 | 1 | 48 | 266 | 0.13 | 5 | 0.02 | 1.02 | 0.02 | 0.18 | 0.01 | 3 | 2 | <.1 | <1 |
| 2 | 6 | 0.20 | 0 | 51 | 283 | 0.03 | 1 | 0.00 | 0.13 | 0.00 | 0.00 | 0.00 | 1 | 2 | <.1 | 1 |
| 0 | 6 | 0.18 | 0 | 48 | 306 | 0.03 | 1 | 0.00 | 1.53 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | <1 |
| 8 | 5 | 0.37 | 2 | 33 | 269 | 0.08 | 3 | 0.45 | 1.25 | 0.02 | 0.13 | 0.00 | 0 | 0 | 0 | <1 |
| <1 | 5 | 0.28 | 2 | 62 | 254 | 0.06 | 5 | 0.01 | 0.31 | 0.01 | 0.13 | 0.00 | 0 | 0 | 0 | 0 |
| 5 | 2 | 0.07 | <1 | 5 | 78 | 0.02 | 12 | 0.00 | 0.72 | 0.00 | 0.00 | 0.08 | 1 | 0 | <.1 | <1 |

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**TABLE H–1**

**Food Composition** (DA+ code is for Wadsworth Diet Analysis program) (For purposes of calculations, use "0" for t, <1, <.1, <.01, etc.)

| DA + Code | Food Description | Quantity | Measure | Wt (g) | $H_2O$ (g) | Ener (kcal) | Prot (g) | Carb (g) | Fiber (g) | Fat (g) | Fat Breakdown (g) Sat | Mono | Poly | *Trans* |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **FATS AND OILS**—Continued | | | | | | | | | | | | | |
| 2708 | Mayonnaise w/soybean & safflower oils | 1 | tablespoon(s) | 14 | 0 | 98.94 | 0.15 | 0.37 | 0 | 10.95 | 1.18 | 1.79 | 7.59 | — |
| 140 | Mayonnaise, low calorie | 1 | tablespoon(s) | 16 | 10 | 37 | <.1 | 3 | 0 | 3 | 0.53 | 0.72 | 1.70 | — |
| 141 | Tartar sauce | 2 | tablespoon(s) | 28 | 9 | 144 | <1 | 4 | <.1 | 14 | 2.14 | 4.13 | 7.57 | — |
| | **SWEETS** | | | | | | | | | | | | | |
| 4799 | **Butterscotch or caramel topping** | 2 | tablespoon(s) | 41 | 13 | 103 | 1 | 27 | <1 | <.1 | 0.05 | 0.01 | 0.00 | — |
| | **Candy** | | | | | | | | | | | | | |
| 1786 | Almond Joy candy bar | 1 | item(s) | 49 | 5 | 240 | 2 | 29 | 2 | 13 | 9.00 | 3.63 | 0.74 | 0 |
| 1785 | Bit-o-Honey candy | 6 | item(s) | 40 | 2 | 170 | 1 | 34 | 0 | 3 | 2.00 | 0 | 20 | — |
| 33375 | Butterscotch candy | 2 | piece(s) | 12 | 1 | 47 | <.1 | 11 | 0 | <1 | 0.25 | 0.10 | 0.01 | — |
| 1701 | Chewing gum, stick | 1 | item(s) | 3 | <.1 | 7 | 0 | 2 | <.1 | <.1 | 0.00 | 0.00 | 0.00 | — |
| 33378 | Chocolate fudge w/nuts, prepared | 2 | piece(s) | 38 | 3 | 175 | 2 | 26 | 1 | 7 | 2.29 | 1.41 | 2.81 | — |
| 1787 | Jelly beans | 15 | item(s) | 43 | 3 | 159 | 0 | 40 | <.1 | <.1 | 0.00 | 0.00 | 0.00 | — |
| 1784 | Kit Kat wafer bar | 1 | item(s) | 42 | 1 | 220 | 3 | 27 | 1 | 11 | 7.00 | 3.53 | 0.34 | 0 |
| 4674 | Krackel candy bar | 1 | item(s) | 41 | 1 | 220 | 3 | 26 | 1 | 11 | 6.00 | 3.94 | 0.37 | 0 |
| 4934 | Licorice | 4 | piece(s) | 44 | 7 | 147 | 1 | 34 | 1 | 1 | 0.18 | 0.07 | 0.00 | — |
| 1780 | Life Savers candy | 1 | item(s) | 2 | — | 8 | 0 | 2 | 0 | <.1 | 0.00 | — | — | 0 |
| 1790 | Lollipop | 1 | item(s) | 28 | — | 108 | 0 | 28 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 4679 | M & Ms peanut chocolate candy, small bag | 1 | item(s) | 49 | 1 | 250 | 5 | 30 | 2 | 13 | 5.00 | 5.42 | 2.07 | — |
| 1781 | M & Ms plain chocolate candy, small bag | 1 | item(s) | 48 | 1 | 240 | 2 | 34 | 1 | 10 | 6.00 | 3.30 | 0.30 | — |
| 4673 | Milk chocolate bar | 1 | item(s) | 91 | 1 | 483 | 8 | 53 | 2 | 28 | 16.69 | 7.20 | 0.63 | — |
| 1783 | Milky Way bar | 1 | item(s) | 58 | 4 | 270 | 2 | 41 | 1 | 10 | 5.00 | 3.50 | 0.35 | — |
| 1788 | Peanut brittle | 1½ | ounce(s) | 43 | <1 | 206 | 3 | 30 | 1 | 8 | 1.76 | 3.43 | 1.94 | — |
| 1789 | Reese's peanut butter cups | 2 | piece(s) | 45 | 1 | 250 | 5 | 25 | 1 | 14 | 5.00 | 6.17 | 2.34 | 0 |
| 4689 | Reese's pieces candy, small bag | 1 | item(s) | 46 | 1 | 230 | 6 | 26 | 1 | 11 | 7.00 | 0.97 | 0.46 | 0 |
| 33399 | Semisweet chocolate candy, made w/butter | ½ | ounce(s) | 14 | <.1 | 68 | 1 | 9 | 1 | 4 | 2.49 | 1.41 | 0.13 | — |
| 1782 | Snickers bar | 1 | item(s) | 59 | 3 | 280 | 4 | 35 | 1 | 14 | 5.00 | 6.13 | 2.89 | — |
| 4694 | Special Dark chocolate bar | 1 | item(s) | 41 | <1 | 220 | 2 | 24 | 3 | 13 | 8.00 | 4.59 | 0.41 | 0 |
| 4695 | Starburst fruit chews, original fruits | 1 | package | 59 | 4 | 240 | 0 | 48 | 0 | 5 | 1.00 | 2.10 | 1.83 | — |
| 4698 | Taffy | 3 | piece(s) | 45 | 2 | 169 | <.1 | 41 | 0 | 1 | 0.92 | 0.43 | 0.05 | — |
| 4699 | Three Musketeers bar | 1 | item(s) | 60 | 4 | 260 | 2 | 46 | 1 | 8 | 4.50 | 2.59 | 0.27 | — |
| 4702 | Twix caramel cookie bars | 2 | item(s) | 58 | 2 | 280 | 3 | 37 | 1 | 14 | 5.00 | 7.75 | 0.49 | — |
| 4705 | York peppermint pattie | 1 | item(s) | 42 | 4 | 170 | 1 | 34 | 1 | 3 | 2.00 | 1.32 | 0.12 | 0 |
| | **Frosting, icing** | | | | | | | | | | | | | |
| 4760 | Chocolate frosting, ready to eat | 2 | tablespoon(s) | 28 | 5 | 112 | <1 | 18 | <1 | 5 | 1.55 | 2.54 | 0.60 | — |
| 4771 | Creamy vanilla frosting, ready to eat | 2 | tablespoon(s) | 28 | 4 | 118 | 0 | 19 | <.1 | 5 | 0.84 | 1.37 | 2.24 | 0 |
| 17291 | Dec-a-Cake variety pack candy decoration | 1 | teaspoon(s) | 4 | — | 15 | 0 | 3 | 0 | 1 | 0.00 | — | — | — |
| 536 | White icing | 2 | tablespoon(s) | 40 | 3 | 163 | <1 | 32 | 0 | 4 | 0.86 | 2.07 | 1.19 | — |
| | **Gelatin** | | | | | | | | | | | | | |
| 13697 | Gelatin snack, all flavors | 1 | item(s) | 99 | 97 | 70 | 1 | 17 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 2616 | Mixed fruit gelatin mix, sugar free, low calorie, prepared | ½ | cup(s) | 121 | — | 10 | 1 | 0 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 548 | **Honey** | 1 | tablespoon(s) | 21 | 4 | 64 | <.1 | 17 | <.1 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| | **Jams, Jellies** | | | | | | | | | | | | | |
| 23054 | Jams, jellies, preserves, all flavors | 1 | tablespoon(s) | 20 | <.1 | 56 | <.1 | 14 | <1 | <.1 | 0.00 | 0.01 | 0.00 | — |
| 23278 | Jams, jellies, preserves, all flavors, low sugar | 1 | tablespoon(s) | 18 | <.1 | 25 | <.1 | 6 | <1 | <.1 | 0.00 | 0.01 | 0.02 | — |
| 545 | **Marshmallows** | 4 | item(s) | 29 | 5 | 92 | 1 | 23 | <.1 | <.1 | 0.02 | 0.02 | 0.01 | — |
| 4800 | **Marshmallow cream topping** | 2 | tablespoon(s) | 28 | 6 | 91 | <1 | 22 | <.1 | <.1 | 0.02 | 0.02 | 0.01 | — |
| 555 | **Molasses** | 1 | tablespoon(s) | 20 | 4 | 58 | 0 | 15 | 0 | <.1 | 0.00 | 0.01 | 0.01 | — |
| 4780 | **Popsicle or ice pop** | 1 | item(s) | 59 | 47 | 42 | 0 | 11 | 0 | 0 | 0.00 | 0.00 | 0.00 | — |
| | **Sugar** | | | | | | | | | | | | | |
| 559 | Brown, packed | 1 | teaspoon(s) | 5 | <.1 | 17 | 0 | 4 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 563 | Powdered, sifted | ⅓ | cup(s) | 33 | <.1 | 130 | 0 | 33 | 0 | <.1 | 0.01 | 0.01 | 0.02 | — |
| 561 | White granulated | 1 | teaspoon(s) | 4 | <.1 | 15 | 0 | 4 | 0 | 0 | 0.00 | 0.00 | 0.00 | — |
| | **Sugar Substitute** | | | | | | | | | | | | | |
| 1760 | Equal sweetener, packet | 1 | item(s) | 1 | <.1 | 4 | <.1 | 1 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 13029 | Splenda granular no calorie sweetener | 1 | teaspoon(s) | 1 | — | 2 | 0 | 1 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 1759 | Sweet n Low sugar substitute, packet | 1 | item(s) | 1 | <.1 | 4 | 0 | 1 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| | **Syrup** | | | | | | | | | | | | | |
| 3148 | Chocolate | 2 | tablespoon(s) | 38 | 12 | 105 | 1 | 24 | 1 | <1 | 0.19 | 0.11 | 0.01 | — |
| 29676 | Maple | ¼ | cup(s) | 80 | 26 | 209 | 0 | 54 | 0 | <1 | 0.03 | 0.05 | 0.08 | — |
| 4795 | Pancake | ¼ | cup(s) | 80 | 30 | 187 | 0 | 49 | 1 | 0 | 0.00 | 0.00 | 0.00 | 0 |

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**PAGE KEY:** H–2 = Breads/Baked Goods H–6 = Cereal/Rice/Pasta H–10 = Fruit H–14 = Vegetables/Legumes H–24 = Nuts/Seeds H–26 = Vegetarian H–28 = Dairy H–34 = Eggs H–34 = Seafood H–36 = Meats H–40 = Poultry H–40 = Processed meats H–42 = Beverages H–46 = Fats/Oils H–48 = Sweets H–50 = Spices/Condiments/Sauces H–52 = Mixed foods/Soups/Sandwiches H–58 = Fast food H–74 = Convenience meals H–76 = Baby foods

| Chol (mg) | Calc (mg) | Iron (mg) | Magn (mg) | Pota (mg) | Sodi (mg) | Zinc (mg) | Vit A (µg) | Thia (mg) | Vit E (mg α) | Ribo (mg) | Niac (mg) | Vit $B_6$ (mg) | Fola (µg) | Vit C (mg) | Vit $B_{12}$ (µg) | Sele (µg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 8.14 | 2.48 | 0.06 | 0.13 | 4.69 | 78.38 | 0.01 | 11.59 | 0 | 3.04 | 0 | 0 | 0.07 | 1.1 | 0 | 0.03 | 0.22 |
| 4 | <.1 | 0.00 | <.1 | 2 | 80 | 0.02 | 0 | 0.00 | 0.32 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | — |
| 11 | 6 | 0.21 | 1 | 10 | 200 | 0.05 | — | 0.00 | 0.97 | 0.00 | 0.01 | 0.08 | 2 | <1 | <.1 | — |
| <1 | 22 | 0.08 | 3 | 34 | 143 | 0.08 | 11 | 0.00 | — | 0.04 | 0.02 | 0.01 | 1 | <1 | <.1 | 0 |
| 3 | 20 | 0.36 | 33 | 138 | 70 | 0.40 | 0 | 0.02 | — | 0.08 | 0.24 | — | — | 0 | — | — |
| 0.00 | — | — | 85 | — | 0 | — | — | — | — | — | — | 0 | — | — | | |
| 1 | <1 | 0.00 | <1 | <1 | 47 | 0.00 | 3 | 0.00 | 0.01 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | <.1 |
| 0 | 0 | 0.00 | 0 | <.1 | <.1 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | <.1 |
| 5 | 21 | 0.75 | 21 | 68 | 16 | 0.54 | 14 | 0.03 | 0.10 | 0.04 | 0.12 | 0.03 | 6 | <.1 | <.1 | 1 |
| 0 | 1 | 0.06 | 1 | 16 | 21 | 0.02 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | <1 |
| 3 | 40 | 0.36 | 16 | 126 | 25 | 0.52 | 8 | 0.07 | — | 0.23 | 1.07 | 0.05 | 60 | 0 | <.1 | 2 |
| 3 | 60 | 0.37 | — | 169 | 80 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 0 | 3 | 0.13 | 3 | 28 | 109 | 0.07 | 0 | 0.01 | 0.08 | 0.02 | 0.04 | 0.00 | 0 | 0 | 0 | — |
| 0 | <1 | 0.04 | — | 0 | 1 | — | 0 | 0.00 | — | 0.00 | 0.00 | — | — | 0 | — | 0 |
| 0 | 0 | 0.00 | — | — | 11 | — | 0 | 0.00 | — | 0.00 | 0.00 | — | — | 0 | — | 1 |
| 5 | 40 | 0.36 | 36 | 171 | 25 | 1.13 | 15 | 0.03 | — | 0.07 | 1.60 | 0.04 | 17 | 1 | <.1 | 2 |
| 5 | 40 | 0.36 | 20 | 127 | 30 | 0.46 | 15 | 0.03 | — | 0.07 | 0.11 | 0.01 | 3 | 1 | <1 | 1 |
| 22 | 228 | 0.83 | 61 | 399 | 92 | 1.00 | 20 | 0.06 | — | 0.26 | 0.15 | 0.10 | 11 | 2 | <1 | — |
| 5 | 60 | 0.18 | 20 | 140 | 95 | 0.41 | 15 | 0.02 | — | 0.07 | 0.20 | 0.03 | 6 | 1 | <1 | 3 |
| 5 | 11 | 0.52 | 18 | 71 | 189 | 0.37 | 17 | 0.06 | 1.09 | 0.02 | 1.13 | 0.03 | 20 | 0 | <.1 | 1 |
| 3 | 20 | 0.36 | 40 | 233 | 140 | 0.82 | 7 | 0.11 | — | 0.08 | 2.08 | 0.07 | 25 | 0 | <.1 | 2 |
| 0 | 40 | 0.00 | 20 | 182 | 90 | 0.35 | 25 | 0.04 | — | 0.07 | 1.31 | 0.03 | 13 | 0 | <.1 | 1 |
| 3 | 5 | 0.44 | 16 | 52 | 2 | 0.23 | <1 | 0.01 | — | 0.01 | 0.06 | 0.01 | <1 | 0 | 0 | <1 |
| 5 | 40 | 0.36 | 42 | — | 140 | 1.38 | 15 | 0.03 | — | 0.07 | 1.60 | 0.05 | 23 | 1 | <.1 | 3 |
| 3 | 0 | 0.72 | 46 | 136 | 0 | 0.60 | 0 | 0.01 | — | 0.03 | 0.16 | 0.01 | 1 | 0 | 0 | 1 |
| 0 | 10 | 0.18 | 1 | 1 | 0 | 0.00 | — | 0.00 | — | 0.00 | 0.00 | 0.00 | 0 | 30 | 0 | <1 |
| 4 | 1 | 0.03 | <1 | 2 | 40 | 0.02 | — | 0.00 | — | 0.01 | 0.01 | 0.00 | 0 | 0 | <.1 | — |
| 5 | 20 | 0.36 | 18 | 80 | 110 | 0.33 | 14 | 0.02 | — | 0.03 | 0.20 | 0.01 | 0 | 1 | <1 | 2 |
| 5 | 40 | 0.36 | 18 | 117 | 115 | 0.45 | 15 | 0.09 | — | 0.13 | 0.69 | 0.02 | 14 | 1 | <1 | 1 |
| 0 | 0 | 0.36 | 25 | 71 | 10 | 0.31 | 0 | 0.01 | — | 0.04 | 0.34 | 0.01 | 2 | 0 | <.1 | — |
| 0 | 2 | 0.40 | 6 | 55 | 51 | 0.08 | 0 | 0.00 | 0.44 | 0.00 | 0.03 | 0.00 | <1 | 0 | 0 | <1 |
| 0 | 1 | 0.04 | <1 | 10 | 52 | 0.02 | 0 | 0.00 | 0.43 | 0.08 | 0.06 | 0.00 | 2 | 0 | 0 | <.1 |
| 0 | 0 | 0.00 | — | — | 15 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| <1 | 5 | 0.02 | — | 7 | 92 | — | — | 0.00 | 0.33 | 0.01 | 0.00 | — | — | <.1 | — | — |
| 0 | 0 | 0.00 | — | 0 | 40 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 0 | 0 | 0.00 | 0 | 0 | 50 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | — |
| 0 | 1 | 0.09 | <1 | 11 | 1 | 0.05 | 0 | 0.00 | 0.00 | 0.01 | 0.03 | 0.01 | <1 | <1 | 0 | <1 |
| 0 | 4 | 0.10 | 1 | 15 | 6 | 0.01 | 0.00 | 0.00 | 0.00 | 0.02 | 0.01 | 0.00 | 2.20 | 1.76 | 0.00 | — |
| 0 | 2 | 0.05 | 1 | 19 | <1 | 0.02 | 0.76 | 0.00 | 0.01 | 0.01 | 0.03 | 0.01 | — | 4.93 | 0.00 | — |
| 0 | 1 | 0.07 | 1 | 1 | 23 | 0.01 | 0 | 0.00 | 0.00 | 0.00 | 0.02 | 0.00 | <1 | 0 | 0 | <1 |
| 0 | 1 | 0.06 | 1 | 1 | 23 | 0.01 | 0 | 0.00 | 0.00 | 0.00 | 0.02 | 0.00 | <1 | 0 | 0 | 1 |
| 0 | 41 | 0.94 | 48 | 293 | 7 | 0.06 | 0 | 0.01 | 0.00 | 0.00 | 0.19 | 0.13 | 0 | 0 | 0 | 4 |
| 0 | 0 | 0.00 | 1 | 2 | 7 | 0.01 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | 0 |
| 0 | 4 | 0.09 | 1 | 16 | 2 | 0.01 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | <.1 | 0 | 0 | <.1 |
| 0 | <1 | 0.01 | 0 | 1 | <1 | 0.00 | 0 | 0.00 | 0.00 | 0.01 | 0.00 | 0.00 | 0 | 0 | 0 | <1 |
| 0 | <.1 | 0.00 | 0 | <.1 | 0 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | <.1 |
| 0 | 0 | 0.00 | 0 | 0 | 0 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | 0 |
| 0 | 10 | 0.18 | — | — | <1 | — | — | 0.02 | 0.00 | 0.02 | 0.20 | — | — | 1 | 0 | — |
| 0 | 0 | 0.00 | 0 | — | 0 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | 0 |
| 0 | 5 | 0.79 | 24 | 84 | 27 | 0.27 | 0 | 0.00 | 0.00 | 0.02 | 0.12 | 0.00 | 1 | <.1 | 0 | 1 |
| 0 | 54 | 0.96 | 11 | 163 | 7 | 3.33 | 0 | 0.00 | 0.00 | 0.01 | 0.02 | 0.00 | 0 | 0 | 0 | <1 |
| 0 | 2 | 0.02 | 2 | 12 | 66 | 0.06 | 0 | 0.00 | 0.00 | 0.01 | 0.01 | 0.00 | 0 | 0 | 0 | 0 |

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**TABLE H–1**

**Food Composition** (DA+ code is for Wadsworth Diet Analysis program) (For purposes of calculations, use "0" for t, <1, <.1, <.01, etc.)

| DA + Code | Food Description | Quantity | Measure | Wt (g) | $H_2O$ (g) | Ener (kcal) | Prot (g) | Carb (g) | Fiber (g) | Fat (g) | Fat Breakdown (g) Sat | Mono | Poly | *Trans* |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **SPICES, CONDIMENTS, SAUCES** | | | | | | | | | | | | | |
| | **Spices** | | | | | | | | | | | | | |
| 807 | Allspice, ground | 1 | teaspoon(s) | 2 | <1 | 5 | <1 | 1 | <1 | <1 | 0.05 | 0.01 | 0.04 | — |
| 1171 | Anise seeds | 1 | teaspoon(s) | 2 | <1 | 7 | <1 | 1 | <1 | <1 | 0.01 | 0.21 | 0.07 | — |
| 729 | Baker's yeast active | 1 | teaspoon(s) | 4 | <1 | 12 | 2 | 2 | 1 | <1 | 0.02 | 0.10 | 0.00 | — |
| 683 | Baking powder, double acting, w/phosphate | 1 | teaspoon(s) | 5 | <1 | 2 | <.1 | 1 | <.1 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 1611 | Baking soda | 1 | teaspoon(s) | 5 | <.1 | 0 | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 8552 | Basil | 1 | teaspoon(s) | 1 | 1 | <1 | <.1 | <.1 | <.1 | <.1 | 0.00 | 0.00 | 0.00 | — |
| 34959 | Basil, fresh | 1 | piece(s) | 1 | <1 | <1 | <.1 | <.1 | <.1 | <.1 | 0.00 | 0.00 | 0.00 | — |
| 808 | Basil, ground | 1 | teaspoon(s) | 1 | <.1 | 4 | <1 | 1 | 1 | <.1 | 0.00 | 0.01 | 0.03 | — |
| 809 | Bay leaf | 1 | teaspoon(s) | 1 | <.1 | 2 | <.1 | <1 | <1 | <.1 | 0.01 | 0.01 | 0.01 | — |
| 11720 | Betel leaves | 1 | ounce(s) | 28 | — | 17 | 2 | 2 | 0 | <.1 | — | — | — | — |
| 818 | Black pepper | 1 | teaspoon(s) | 2 | <1 | 5 | <1 | 1 | 1 | <.1 | 0.02 | 0.02 | 0.02 | — |
| 730 | Brewer's yeast | 1 | teaspoon(s) | 3 | <1 | 8 | 1 | 1 | 1 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 35417 | Capers | 1 | teaspoon(s) | 4 | — | 2 | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.00 | — |
| 1172 | Caraway seeds | 1 | teaspoon(s) | 2 | <1 | 7 | <1 | 1 | 1 | <1 | 0.01 | 0.15 | 0.07 | — |
| 819 | Cayenne pepper | 1 | teaspoon(s) | 2 | <1 | 6 | <1 | 1 | <1 | <1 | 0.06 | 0.05 | 0.15 | — |
| 1173 | Celery seeds | 1 | teaspoon(s) | 2 | <1 | 8 | <1 | 1 | <1 | 1 | 0.04 | 0.32 | 0.07 | — |
| 1174 | Chervil, dried | 1 | teaspoon(s) | 1 | <.1 | 1 | <1 | <1 | <.1 | <.1 | 0.00 | 0.01 | 0.01 | — |
| 810 | Chili powder | 1 | teaspoon(s) | 3 | <1 | 8 | <1 | 1 | 1 | <1 | 0.08 | 0.09 | 0.19 | — |
| 8553 | Chives, chopped | 1 | teaspoon(s) | 1 | 1 | <1 | <.1 | <.1 | <.1 | <.1 | 0.00 | 0.00 | 0.00 | — |
| 8556 | Cilantro | 1 | teaspoon(s) | 2 | 1 | <1 | <.1 | <.1 | <.1 | <.1 | 0.00 | 0.00 | 0.00 | — |
| 811 | Cinnamon, ground | 1 | teaspoon(s) | 2 | <1 | 6 | <.1 | 2 | 1 | <.1 | 0.01 | 0.01 | 0.01 | — |
| 812 | Cloves, ground | 1 | teaspoon(s) | 2 | <1 | 7 | <1 | 1 | 1 | <1 | 0.11 | 0.03 | 0.15 | — |
| 1175 | Coriander leaf, dried | 1 | teaspoon(s) | 1 | <.1 | 2 | <1 | <1 | <.1 | <.1 | 0.00 | 0.01 | 0.00 | — |
| 1176 | Coriander seeds | 1 | teaspoon(s) | 2 | <1 | 5 | <1 | 1 | 1 | <1 | 0.02 | 0.24 | 0.03 | — |
| 1706 | Cornstarch | 1 | tablespoon(s) | 8 | 1 | 30 | <.1 | 7 | <.1 | <.1 | 0.00 | 0.00 | 0.00 | — |
| 11729 | Cumin, ground | 1 | teaspoon(s) | 5 | — | 11 | <1 | 1 | 1 | <1 | — | — | — | — |
| 1177 | Cumin seeds | 1 | teaspoon(s) | 2 | <1 | 8 | <1 | 1 | <1 | <1 | 0.03 | 0.29 | 0.07 | — |
| 1178 | Curry powder | 1 | teaspoon(s) | 2 | <1 | 7 | <1 | 1 | 1 | <1 | 0.04 | 0.11 | 0.05 | — |
| 1179 | Dill seeds | 1 | teaspoon(s) | 2 | <1 | 6 | <1 | 1 | <1 | <1 | 0.02 | 0.20 | 0.02 | — |
| 1180 | Dill weed, dried | 1 | teaspoon(s) | 1 | <.1 | 3 | <1 | 1 | <1 | <.1 | 0.00 | 0.01 | 0.00 | — |
| 34949 | Dill weed, fresh | 5 | piece(s) | 1 | 1 | <1 | <.1 | <.1 | <.1 | <.1 | 0.00 | 0.01 | 0.00 | — |
| 4949 | Fennel leaves, fresh | 1 | teaspoon(s) | 1 | 1 | <1 | <.1 | <.1 | 0 | <.1 | 0.00 | 0.00 | 0.00 | — |
| 1181 | Fennel seeds | 1 | teaspoon(s) | 2 | <1 | 7 | <1 | 1 | 1 | <1 | 0.01 | 0.20 | 0.03 | — |
| 1182 | Fenugreek seeds | 1 | teaspoon(s) | 4 | <1 | 12 | 1 | 2 | 1 | <1 | 0.05 | — | — | — |
| 11733 | Garam masala, powder | 1 | ounce(s) | 28 | — | 107 | 4 | 13 | 0 | 4 | — | — | — | — |
| 1067 | Garlic clove | 1 | item(s) | 3 | 2 | 4 | <1 | 1 | <.1 | <.1 | 0.00 | 0.00 | 0.01 | — |
| 813 | Garlic powder | 1 | teaspoon(s) | 3 | <1 | 9 | <1 | 2 | <1 | <.1 | 0.00 | 0.00 | 0.01 | — |
| 1183 | Ginger, ground | 1 | teaspoon(s) | 2 | <1 | 6 | <1 | 1 | <1 | <1 | 0.03 | 0.02 | 0.02 | — |
| 1068 | Ginger root | 2 | teaspoon(s) | 4 | 3 | 3 | <.1 | 1 | <.1 | <.1 | 0.01 | 0.01 | 0.01 | — |
| 35497 | Leeks, bulb & lower leaf, freeze-dried | ¼ | cup(s) | 1 | <.1 | 3 | <1 | 1 | <.1 | <.1 | 0.00 | 0.00 | 0.01 | — |
| 1184 | Mace, ground | 1 | teaspoon(s) | 2 | <1 | 8 | <1 | 1 | <1 | 1 | 0.16 | 0.19 | 0.07 | — |
| 1185 | Marjoram, dried | 1 | teaspoon(s) | 1 | <.1 | 2 | <.1 | <1 | <1 | <.1 | 0.00 | 0.01 | 0.03 | — |
| 1186 | Mustard seeds, yellow | 1 | teaspoon(s) | 3 | <1 | 15 | 1 | 1 | <1 | 1 | 0.05 | 0.65 | 0.18 | — |
| 814 | Nutmeg, ground | 1 | teaspoon(s) | 2 | <1 | 12 | <1 | 1 | <1 | 1 | 0.57 | 0.07 | 0.01 | — |
| 2747 | Onion flakes, dehydrated | 1 | teaspoon(s) | 2 | <.1 | 6 | <1 | 1 | <1 | <.1 | 0.00 | 0.00 | 0.00 | — |
| 1187 | Onion powder | 1 | teaspoon(s) | 2 | <1 | 7 | <1 | 2 | <1 | <.1 | 0.00 | 0.00 | 0.01 | — |
| 815 | Oregano, ground | 1 | teaspoon(s) | 2 | <1 | 5 | <1 | 1 | 1 | <1 | 0.04 | 0.01 | 0.08 | — |
| 816 | Paprika | 1 | teaspoon(s) | 2 | <1 | 6 | <1 | 1 | 1 | <1 | 0.04 | 0.03 | 0.17 | — |
| 817 | Parsley, dried | 1 | teaspoon(s) | 0 | <.1 | 1 | <.1 | <1 | <.1 | <.1 | 0.00 | 0.01 | 0.00 | — |
| 1189 | Poppy seeds | 1 | teaspoon(s) | 3 | <1 | 15 | 1 | 1 | <1 | 1 | 0.14 | 0.18 | 0.86 | — |
| 1190 | Poultry seasoning | 1 | teaspoon(s) | 2 | <1 | 5 | <1 | 1 | <1 | <1 | 0.05 | 0.02 | 0.03 | — |
| 1191 | Pumpkin pie spice, powder | 1 | teaspoon(s) | 2 | <1 | 6 | <.1 | 1 | <1 | <1 | 0.11 | 0.02 | 0.01 | — |
| 1192 | Rosemary, dried | 1 | teaspoon(s) | 1 | <1 | 4 | <.1 | 1 | 1 | <1 | 0.09 | 0.04 | 0.03 | — |
| 11723 | Rosemary, fresh | 1 | teaspoon(s) | 1 | <1 | 1 | <.1 | <1 | <.1 | <.1 | 0.02 | 0.01 | 0.01 | — |
| 2722 | Saffron powder | 1 | teaspoon(s) | 1 | <.1 | 2 | <.1 | <1 | <.1 | <.1 | 0.01 | 0.00 | 0.01 | — |
| 11724 | Sage | 1 | ounce(s) | 28 | — | 34 | 1 | 4 | 0 | 1 | — | — | — | — |
| 1193 | Sage, ground | 1 | teaspoon(s) | 1 | <.1 | 2 | <.1 | <1 | <1 | <.1 | 0.05 | 0.01 | 0.01 | — |
| 822 | Salt, table | ¼ | teaspoon(s) | 2 | <.1 | 0 | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 30189 | Salt substitute | ¼ | teaspoon(s) | 1 | — | <.1 | 0 | <.1 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 30190 | Salt substitute, seasoned | ¼ | teaspoon(s) | 1 | — | 1 | <.1 | <1 | 0 | <.1 | 0.00 | — | — | — |
| 1194 | Savory, ground | 1 | teaspoon(s) | 1 | <1 | 4 | <.1 | 1 | 1 | <.1 | 0.05 | — | — | — |
| 820 | Sesame seed kernels, toasted | 1 | teaspoon(s) | 3 | <1 | 15 | <1 | 1 | <1 | 1 | 0.18 | 0.49 | 0.57 | — |
| 11725 | Sorrel | 1 | tablespoon(s) | 9 | — | 2 | <1 | <1 | <.1 | <.1 | 0.00 | — | — | — |

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**PAGE KEY:** H–2 = Breads/Baked Goods H–6 = Cereal/Rice/Pasta H–10 = Fruit H–14 = Vegetables/Legumes H–24 = Nuts/Seeds H–26 = Vegetarian H–28 = Dairy H–34 = Eggs H–34 = Seafood H–36 = Meats H–40 = Poultry H–40 = Processed meats H–42 = Beverages H–46 = Fats/Oils H–48 = Sweets H–50 = Spices/Condiments/Sauces H–52 = Mixed foods/Soups/Sandwiches H–58 = Fast food H–74 = Convenience meals H–76 = Baby foods

| Chol (mg) | Calc (mg) | Iron (mg) | Magn (mg) | Pota (mg) | Sodi (mg) | Zinc (mg) | Vit A (µg) | Thia (mg) | Vit E (mg α) | Ribo (mg) | Niac (mg) | Vit $B_6$ (mg) | Fola (µg) | Vit C (mg) | Vit $B_{12}$ (µg) | Sele (µg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 0 | 13 | 0.13 | 3 | 20 | 1 | 0.02 | 1 | 0.00 | — | 0.00 | 0.05 | 0.00 | 1 | 1 | 0 | <.1 |
| 0 | 14 | 0.78 | 4 | 30 | <1 | 0.11 | <1 | 0.01 | — | 0.01 | 0.06 | 0.01 | <1 | <1 | 0 | <1 |
| 0 | 3 | 0.66 | 4 | 80 | 2 | 0.26 | 0 | 0.09 | 0.00 | 0.22 | 1.59 | 0.06 | 94 | <.1 | <.1 | 1 |
| 0 | 339 | 0.52 | 2 | <1 | 363 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | <.1 |
| 0 | 0 | 0.00 | 0 | 0 | 1259 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | <.1 |
| 0 | 1 | 0.03 | 1 | 4 | <.1 | 0.01 | 2 | 0.00 | — | 0.00 | 0.01 | 0.00 | 1 | <1 | 0 | <.1 |
| 0 | 1 | — | <1 | 2 | <.1 | 0.00 | — | 0.00 | — | 0.00 | 0.01 | 0.00 | <1 | — | 0 | <.1 |
| 0 | 30 | 0.59 | 6 | 48 | <1 | 0.08 | 7 | 0.00 | 0.10 | 0.00 | 0.10 | 0.03 | 4 | 1 | 0 | <.1 |
| 0 | 5 | 0.26 | 1 | 3 | <1 | 0.02 | 2 | 0.00 | — | 0.00 | 0.01 | 0.01 | 1 | <1 | 0 | <.1 |
| 0 | 110 | 2.29 | — | 156 | 2 | — | — | 0.04 | — | 0.07 | 0.20 | — | — | 1 | 0 | — |
| 0 | 9 | 0.61 | 4 | 26 | 1 | 0.03 | <1 | 0.00 | 0.02 | 0.01 | 0.02 | 0.01 | <1 | <1 | 0 | <.1 |
| 0 | 6 | 0.47 | 6 | 51 | 3 | 0.21 | 0 | 0.42 | — | 0.11 | 1.00 | 0.07 | 104 | 0 | 0 | 0 |
| 0 | 0 | 0.00 | — | — | 140 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 0 | 14 | 0.34 | 5 | 28 | <1 | 0.12 | <1 | 0.01 | 0.05 | 0.01 | 0.08 | 0.01 | <1 | <1 | 0 | <1 |
| 0 | 3 | 0.14 | 3 | 36 | 1 | 0.04 | 37 | 0.01 | 0.54 | 0.02 | 0.16 | 0.04 | 2 | 1 | 0 | <1 |
| 0 | 35 | 0.90 | 9 | 28 | 3 | 0.14 | <.1 | 0.01 | 0.02 | 0.01 | 0.06 | 0.02 | <1 | <1 | 0 | <1 |
| 0 | 8 | 0.19 | 1 | 28 | <1 | 0.05 | 2 | 0.00 | — | 0.00 | 0.03 | 0.01 | 2 | <1 | 0 | <1 |
| 0 | 7 | 0.37 | 4 | 50 | 26 | 0.07 | 39 | 0.01 | — | 0.02 | 0.21 | 0.10 | 3 | 2 | 0 | <1 |
| 0 | 1 | 0.02 | <1 | 3 | <.1 | 0.01 | 2 | 0.00 | 0.76 | 0.00 | 0.01 | 0.00 | 1 | 1 | 0 | <.1 |
| 0 | 1 | 0.03 | <1 | 8 | 1 | 0.00 | — | 0.00 | — | 0.00 | 0.02 | 0.00 | 1 | 1 | 0 | <.1 |
| 0 | 28 | 0.88 | 1 | 12 | 1 | 0.05 | <1 | 0.00 | 0.02 | 0.00 | 0.03 | 0.01 | 1 | 1 | 0 | <.1 |
| 0 | 14 | 0.18 | 6 | 23 | 5 | 0.02 | 1 | 0.00 | 0.18 | 0.01 | 0.03 | 0.01 | 2 | 2 | 0 | <1 |
| 0 | 7 | 0.25 | 4 | 27 | 1 | 0.03 | 2 | 0.01 | — | 0.01 | 0.06 | 0.00 | 2 | 3 | 0 | <1 |
| 0 | 13 | 0.29 | 6 | 23 | 1 | 0.08 | 0 | 0.00 | — | 0.01 | 0.04 | — | 0 | <1 | 0 | <1 |
| 0 | <1 | 0.04 | <1 | <1 | 1 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | <1 |
| 0 | 20 | — | — | 44 | 5 | — | — | — | — | — | — | — | — | — | — | — |
| 0 | 20 | 1.39 | 8 | 38 | 4 | 0.10 | 1 | 0.01 | 0.07 | 0.01 | 0.10 | 0.01 | <1 | <1 | 0 | <1 |
| 0 | 10 | 0.59 | 5 | 31 | 1 | 0.08 | 1 | 0.01 | 0.44 | 0.01 | 0.07 | 0.02 | 3 | <1 | 0 | <1 |
| 0 | 32 | 0.34 | 5 | 25 | <1 | 0.11 | <.1 | 0.01 | — | 0.01 | 0.06 | 0.01 | <1 | <1 | 0 | <1 |
| 0 | 18 | 0.49 | 5 | 33 | 2 | 0.03 | 3 | 0.00 | — | 0.00 | 0.03 | 0.02 | 2 | 1 | 0 | 0 |
| 0 | 2 | — | 1 | 7 | 1 | 0.01 | — | 0.00 | — | 0.00 | 0.02 | 0.00 | 2 | — | 0 | — |
| 0 | 1 | 0.03 | — | 4 | <.1 | — | — | 0.00 | — | 0.00 | 0.01 | 0.00 | — | <1 | 0 | — |
| 0 | 24 | 0.37 | 8 | 34 | 2 | 0.07 | <1 | 0.01 | — | 0.01 | 0.12 | 0.01 | — | <1 | 0 | 0 |
| 0 | 7 | 1.24 | 7 | 28 | 2 | 0.09 | <1 | 0.01 | — | 0.01 | 0.06 | 0.02 | 2 | <1 | 0 | <1 |
| 0 | 215 | 9.25 | 94 | 411 | 28 | 1.07 | — | 0.10 | — | 0.09 | 0.71 | — | 0 | 0 | 0 | — |
| 0 | 5 | 0.05 | 1 | 12 | 1 | 0.03 | 0 | 0.01 | 0.00 | 0.00 | 0.02 | 0.04 | <.1 | 1 | 0 | <1 |
| 0 | 2 | 0.08 | 2 | 31 | 1 | 0.07 | 0 | 0.01 | 0.02 | 0.00 | 0.02 | 0.08 | <.1 | 1 | 0 | 1 |
| 0 | 2 | 0.21 | 3 | 24 | 1 | 0.08 | <1 | 0.00 | 0.32 | 0.00 | 0.09 | 0.02 | 1 | <1 | 0 | 1 |
| 0 | 1 | 0.02 | 2 | 17 | 1 | 0.01 | 0 | 0.00 | 0.01 | 0.00 | 0.03 | 0.01 | <1 | <1 | 0 | <.1 |
| 0 | 3 | 0.06 | 1 | 19 | <1 | 0.01 | <1 | 0.01 | — | 0.00 | 0.03 | 0.01 | 3 | 1 | 0 | <.1 |
| 0 | 4 | 0.24 | 3 | 8 | 1 | 0.04 | 1 | 0.01 | — | 0.01 | 0.02 | 0.00 | 1 | <1 | 0 | <.1 |
| 0 | 12 | 0.50 | 2 | 9 | <1 | 0.02 | 2 | 0.00 | 0.01 | 0.00 | 0.02 | 0.01 | 2 | <1 | 0 | <.1 |
| 0 | 17 | 0.33 | 10 | 23 | <1 | 0.19 | <.1 | 0.02 | 0.10 | 0.01 | 0.26 | 0.01 | 3 | <.1 | 0 | 4 |
| 0 | 4 | 0.07 | 4 | 8 | <1 | 0.05 | <1 | 0.01 | 0.00 | 0.00 | 0.03 | 0.00 | 2 | <.1 | 0 | <.1 |
| 0 | 4 | 0.03 | 2 | 27 | <1 | 0.03 | <.1 | 0.01 | 0.00 | 0.00 | 0.02 | 0.03 | 3 | 1 | 0 | <.1 |
| 0 | 8 | 0.05 | 3 | 20 | 1 | 0.05 | 0 | 0.01 | 0.01 | 0.00 | 0.01 | 0.03 | 3 | <1 | 0 | <.1 |
| 0 | 24 | 0.66 | 4 | 25 | <1 | 0.07 | 5 | 0.01 | 0.28 | 0.00 | 0.09 | 0.02 | 4 | 1 | 0 | <.1 |
| 0 | 4 | 0.50 | 4 | 49 | 1 | 0.09 | 55 | 0.01 | 0.63 | 0.04 | 0.32 | 0.08 | 2 | 1 | 0 | <.1 |
| 0 | 4 | 0.29 | 1 | 11 | 1 | 0.01 | 2 | 0.00 | 0.02 | 0.00 | 0.02 | 0.00 | 1 | <1 | 0 | <.1 |
| 0 | 41 | 0.26 | 9 | 20 | 1 | 0.29 | 0 | 0.02 | 0.03 | 0.00 | 0.03 | 0.01 | 2 | <.1 | 0 | <.1 |
| 0 | 15 | 0.53 | 3 | 10 | <1 | 0.05 | 2 | 0.00 | 0.03 | 0.00 | 0.04 | 0.02 | 2 | <1 | 0 | <1 |
| 0 | 12 | 0.34 | 2 | 11 | 1 | 0.04 | <1 | 0.00 | 0.02 | 0.00 | 0.04 | 0.01 | 1 | <1 | 0 | <1 |
| 0 | 15 | 0.35 | 3 | 11 | 1 | 0.04 | 2 | 0.01 | — | 0.01 | 0.01 | 0.02 | 4 | 1 | 0 | <.1 |
| 0 | 2 | 0.05 | 1 | 5 | <1 | 0.01 | 1 | 0.00 | — | 0.00 | 0.01 | 0.00 | 1 | <1 | 0 | — |
| 0 | 1 | 0.08 | 2 | 12 | 1 | 0.01 | <1 | 0.00 | — | 0.00 | 0.01 | 0.01 | 1 | 1 | 0 | <.1 |
| 0 | 170 | — | 45 | 110 | 1 | 0.48 | — | 0.03 | — | — | — | — | — | — | 0 | — |
| 0 | 12 | 0.20 | 3 | 7 | <.1 | 0.03 | 2 | 0.01 | 0.05 | 0.00 | 0.04 | 0.02 | 2 | <1 | 0 | <.1 |
| 0 | <1 | 0.00 | <.1 | <1 | 581 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | <.1 |
| 0 | 7 | 0.00 | <.1 | 604 | <.1 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 0 | 0 | 0 | 476 | <1 | — | 0 | — | — | — | — | — | — | 0 | — | — | |
| 0 | 30 | 0.53 | 5 | 15 | <1 | 0.06 | 4 | 0.01 | — | — | 0.06 | 0.03 | — | 1 | 0 | <.1 |
| 0 | 4 | 0.21 | 9 | 11 | 1 | 0.28 | <.1 | 0.03 | 0.01 | 0.01 | 0.15 | 0.00 | 3 | 0 | 0 | <.1 |
| 0 | — | — | — | — | <1 | — | — | — | — | — | — | — | — | — | — | — |

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**TABLE H–1**

**Food Composition** (DA+ code is for Wadsworth Diet Analysis program) (For purposes of calculations, use "0" for t, <1, <.1, <.01, etc.)

| DA + Code | Food Description | Quantity | Measure | Wt (g) | $H_2O$ (g) | Ener (kcal) | Prot (g) | Carb (g) | Fiber (g) | Fat (g) | Fat Breakdown (g) Sat | Mono | Poly | *Trans* |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **SPICES, CONDIMENTS, SAUCES**—Continued | | | | | | | | | | | | | |
| 11721 | Spearmint | 1 | teaspoon(s) | 2 | 2 | 1 | <.1 | <1 | <1 | <.1 | 0.00 | 0.00 | 0.01 | — |
| 35498 | Sweet green peppers, freeze-dried | ¼ | cup(s) | 2 | <.1 | 5 | <1 | 1 | <1 | <.1 | 0.01 | 0.00 | 0.03 | — |
| 11726 | Tamarind leaves | 1 | ounce(s) | 28 | — | 33 | 2 | 5 | 0 | 1 | — | — | — | — |
| 11727 | Tarragon | 1 | ounce(s) | 28 | — | 14 | 1 | 2 | 0 | <1 | — | — | — | — |
| 1195 | Tarragon, ground | 1 | teaspoon(s) | 2 | <1 | 5 | <1 | 1 | <1 | <1 | 0.03 | 0.01 | 0.06 | — |
| 11728 | Thyme, fresh | 1 | teaspoon(s) | 1 | 1 | 1 | <.1 | <1 | <1 | <.1 | 0.00 | 0.00 | 0.00 | — |
| 821 | Thyme, ground | 1 | teaspoon(s) | 1 | <1 | 4 | <1 | 1 | 1 | <1 | 0.04 | 0.01 | 0.02 | — |
| 1196 | Turmeric, ground | 1 | teaspoon(s) | 2 | <1 | 8 | <1 | 1 | <1 | <1 | 0.07 | 0.04 | 0.05 | — |
| 11995 | Wasabi | 1 | tablespoon(s) | 14 | 11 | 11 | 1 | 2 | <1 | <.1 | — | — | — | — |
| 1188 | White pepper | 1 | teaspoon(s) | 2 | <1 | 7 | <1 | 2 | 1 | <.1 | 0.02 | 0.02 | 0.01 | — |
| | **Condiments** | | | | | | | | | | | | | |
| 674 | Catsup or ketchup | 1 | tablespoon(s) | 15 | 11 | 14 | <1 | 4 | <1 | <.1 | 0.01 | 0.01 | 0.04 | — |
| 703 | Dill pickle | 1 | ounce(s) | 28 | 26 | 5 | <1 | 1 | <1 | <.1 | 0.01 | 0.00 | 0.02 | — |
| 1641 | Horseradish sauce, prepared | 1 | teaspoon(s) | 5 | 3 | 10 | <1 | <1 | <.1 | 1 | 0.59 | 0.28 | 0.04 | — |
| 140 | Mayonnaise, low calorie | 1 | tablespoon(s) | 16 | 10 | 37 | <.1 | 3 | 0 | 3 | 0.53 | 0.72 | 1.70 | — |
| 138 | Mayonnaise w/soybean oil | 1 | tablespoon(s) | 14 | 2 | 99 | <1 | 1 | 0 | 11 | 1.64 | 2.70 | 5.89 | 0.04 |
| 1682 | Mustard, brown | 1 | teaspoon(s) | 5 | 4 | 5 | <1 | <1 | <.1 | <1 | — | — | — | — |
| 700 | Mustard, yellow | 1 | teaspoon(s) | 5 | 4 | 3 | <1 | <1 | <1 | <1 | 0.01 | 0.11 | 0.03 | — |
| 706 | Sweet pickle relish | 1 | tablespoon(s) | 15 | 9 | 20 | <.1 | 5 | <1 | <.1 | 0.01 | 0.03 | 0.02 | — |
| 141 | Tartar sauce | 2 | tablespoon(s) | 28 | 9 | 144 | <1 | 4 | <.1 | 14 | 2.14 | 4.13 | 7.57 | — |
| | **Sauces** | | | | | | | | | | | | | |
| 685 | Barbecue sauce | 2 | tablespoon(s) | 31 | 25 | 23 | 1 | 4 | <1 | 1 | 0.08 | 0.24 | 0.21 | — |
| 834 | Cheese sauce | ¼ | cup(s) | 70 | 49 | 121 | 5 | 5 | <1 | 9 | 4.19 | 2.67 | 1.81 | — |
| 32123 | Chili enchilada sauce, green | 2 | tablespoon(s) | 57 | 53 | 15 | 1 | 3 | 1 | <1 | 0.04 | 0.04 | 0.13 | 0 |
| 32122 | Chili enchilada sauce, red | 2 | tablespoon(s) | 32 | 24 | 27 | 1 | 5 | 2 | 1 | 0.08 | 0.05 | 0.43 | 0 |
| 29688 | Hoisin sauce | 1 | tablespoon(s) | 16 | 7 | 35 | 1 | 7 | <1 | 1 | 0.09 | 0.15 | 0.27 | — |
| 16670 | Mole poblano sauce | ½ | cup(s) | 133 | 103 | 155 | 5 | 11 | 2 | 11 | 2.67 | 5.15 | 2.91 | — |
| 29689 | Oyster sauce | 1 | tablespoon(s) | 16 | 13 | 8 | <1 | 2 | <.1 | <.1 | 0.01 | 0.01 | 0.01 | — |
| 1655 | Pepper sauce or tabasco | 1 | teaspoon(s) | 5 | 5 | 1 | <.1 | <.1 | <.1 | <.1 | 0.01 | 0.00 | 0.02 | — |
| 347 | Salsa | 2 | tablespoon(s) | 16 | 14 | 4 | <1 | 1 | <1 | <.1 | 0.00 | 0.00 | 0.02 | — |
| 841 | Soy sauce | 1 | tablespoon(s) | 18 | 13 | 10 | 1 | 2 | 0 | <.1 | 0.00 | 0.00 | 0.01 | — |
| 839 | Sweet & sour sauce | 2 | tablespoon(s) | 39 | 30 | 37 | <.1 | 9 | <.1 | <.1 | 0.00 | 0.00 | 0.00 | — |
| 1613 | Teriyaki sauce | 1 | tablespoon(s) | 18 | 12 | 15 | 1 | 3 | <.1 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 25294 | Tomato sauce | ½ | cup(s) | 112 | 100 | 46 | 2 | 8 | 2 | 1 | 0.18 | 0.29 | 0.72 | 0 |
| 728 | White sauce, medium | ¼ | cup(s) | 63 | 47 | 92 | 2 | 6 | <1 | 7 | 1.78 | 2.78 | 1.79 | — |
| 1654 | Worcestershire sauce | 1 | teaspoon(s) | 6 | 4 | 4 | 0 | 1 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| | **Vinegar** | | | | | | | | | | | | | |
| 30853 | Balsamic | 1 | tablespoon(s) | 15 | — | 10 | 0 | 2 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 727 | Cider | 1 | tablespoon(s) | 15 | 14 | 2 | 0 | 1 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 1673 | Distilled | 1 | tablespoon(s) | 15 | 14 | 2 | 0 | 1 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 15439 | Tarragon | 1 | tablespoon(s) | 16 | — | 0 | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| | **MIXED FOODS, SOUPS, SANDWICHES** | | | | | | | | | | | | | |
| | **Mixed Dishes** | | | | | | | | | | | | | |
| 16652 | Almond chicken | 1 | cup(s) | 242 | 186 | 280 | 22 | 16 | 3 | 15 | 1.91 | 6.07 | 5.62 | — |
| 25224 | Barbecued chicken | 2 | piece(s) | 177 | 100 | 325 | 27 | 15 | <1 | 17 | 4.63 | 6.78 | 3.71 | 0 |
| 25227 | Bean burrito | 1 | item(s) | 149 | 82 | 327 | 17 | 33 | 6 | 15 | 8.30 | 4.73 | 0.85 | 0 |
| 9516 | Beef & vegetable fajita | 1 | item(s) | 223 | 144 | 397 | 23 | 35 | 3 | 18 | 5.50 | 7.53 | 3.45 | — |
| 16796 | Beef or pork egg roll | 2 | item(s) | 128 | 85 | 227 | 10 | 19 | 1 | 12 | 2.88 | 5.96 | 2.64 | — |
| 177 | Beef stew w/vegetables, prepared | 1 | cup(s) | 245 | 201 | 220 | 16 | 15 | 3 | 11 | 4.40 | 4.50 | 0.50 | — |
| 30233 | Beef stroganoff w/noodles | 1 | cup(s) | 256 | 190 | 343 | 20 | 23 | 2 | 19 | 7.37 | 5.62 | 4.47 | — |
| 16651 | Cashew chicken | 1 | cup(s) | 242 | 131 | 644 | 43 | 17 | 3 | 46 | 7.75 | 20.83 | 14.47 | — |
| 475 | Cheese pizza | 2 | slice(s) | 126 | 60 | 281 | 15 | 41 | 0 | 6 | 3.08 | 1.98 | 0.98 | — |
| 30330 | Cheese quesadilla | 1 | item(s) | 54 | 19 | 183 | 6 | 18 | 1 | 10 | 3.49 | 3.42 | 2.16 | — |
| 215 | Chicken & noodles, prepared | 1 | cup(s) | 240 | 170 | 365 | 22 | 26 | 1 | 18 | 5.10 | 7.10 | 3.90 | — |
| 30239 | Chicken & vegetables w/broccoli, onion, bamboo shoots in soy based sauce | 1 | cup(s) | 162 | 112 | 287 | 22 | 6 | 1 | 19 | 5.13 | 7.65 | 4.68 | — |
| 25093 | Chicken cacciatore | 1 | cup(s) | 230 | 166 | 266 | 28 | 5 | 1 | 14 | 3.98 | 5.78 | 3.11 | 0 |
| 28020 | Chicken fried turkey steak | 3 | ounce(s) | 85 | 48 | 122 | 13 | 12 | 1 | 2 | 0.59 | 0.37 | 0.78 | — |
| 218 | Chicken pot pie | 1 | cup(s) | 252 | 154 | 542 | 23 | 42 | 3 | 31 | 9.79 | 12.52 | 7.03 | — |
| 30240 | Chicken teriyaki | 1 | cup(s) | 244 | 163 | 339 | 51 | 13 | 1 | 7 | 1.78 | 2.03 | 1.71 | — |
| 25119 | Chicken waldorf salad | ½ | cup(s) | 100 | 68 | 178 | 14 | 6 | 1 | 11 | 1.76 | 3.18 | 5.05 | 0 |
| 25099 | Chili con carne | ¾ | cup(s) | 215 | 175 | 197 | 14 | 21 | 7 | 7 | 2.55 | 2.83 | 0.54 | 0 |
| 1062 | Coleslaw | ¾ | cup(s) | 90 | 73 | 62 | 1 | 11 | 1 | 2 | 0.35 | 0.64 | 1.22 | — |
| 1896 | Combination pizza, w/meat & vegetables | 2 | slice(s) | 158 | 75 | 368 | 26 | 43 | 5 | 11 | 3.07 | 5.09 | 1.83 | — |

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**PAGE KEY:** H–2 = Breads/Baked Goods H–6 = Cereal/Rice/Pasta H–10 = Fruit H–14 = Vegetables/Legumes H–24 = Nuts/Seeds H–26 = Vegetarian
H–28 = Dairy H–34 = Eggs H–34 = Seafood H–36 = Meats H–40 = Poultry H–40 = Processed meats H–42 = Beverages H–46 = Fats/Oils
H–48 = Sweets H–50 = Spices/Condiments/Sauces H–52 = Mixed foods/Soups/Sandwiches H–58 = Fast food H–74 = Convenience meals H–76 = Baby foods

| Chol (mg) | Calc (mg) | Iron (mg) | Magn (mg) | Pota (mg) | Sodi (mg) | Zinc (mg) | Vit A (µg) | Thia (mg) | Vit E (mg α) | Ribo (mg) | Niac (mg) | Vit $B_6$ (mg) | Fola (µg) | Vit C (mg) | Vit $B_{12}$ (µg) | Sele (µg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 0 | 4 | 0.23 | 1 | 9 | 1 | 0.02 | 4 | 0.00 | — | 0.00 | 0.02 | 0.00 | 2 | <1 | 0 | — |
| 0 | 2 | 0.17 | 3 | 51 | 3 | 0.04 | 3 | 0.02 | 0.06 | 0.02 | 0.12 | 0.04 | 4 | 30 | 0 | <.1 |
| 0 | 85 | 1.48 | 20 | — | — | — | — | 0.07 | — | 0.03 | 1.16 | — | — | 1 | 0 | — |
| 0 | 48 | — | 14 | 128 | 3 | 0.17 | — | 0.04 | — | — | — | — | — | 1 | 0 | — |
| 0 | 18 | 0.52 | 6 | 48 | 1 | 0.06 | 3 | 0.00 | 0.10 | 0.02 | 0.14 | 0.04 | 4 | 1 | 0 | <.1 |
| 0 | 3 | 0.14 | 1 | 5 | <.1 | 0.01 | 2 | 0.00 | — | 0.00 | 0.01 | 0.00 | <1 | 1 | 0 | — |
| 0 | 26 | 1.73 | 3 | 11 | 1 | 0.09 | 3 | 0.01 | — | 0.01 | 0.07 | 0.01 | 4 | 1 | 0 | <.1 |
| 0 | 4 | 0.91 | 4 | 56 | 1 | 0.10 | 0 | 0.00 | — | 0.01 | 0.11 | 0.04 | 1 | 1 | 0 | <.1 |
| 0 | 13 | 0.11 | — | — | — | — | — | 0.02 | — | 0.01 | 0.07 | — | — | 11 | 0 | — |
| 0 | 6 | 0.34 | 2 | 2 | <1 | 0.03 | 0 | 0.00 | 0.10 | 0.00 | 0.01 | 0.00 | <1 | 1 | 0 | <.1 |
| | | | | | | | | | | | | | | | | |
| 0 | 3 | 0.08 | 3 | 57 | 167 | 0.04 | 7 | 0.00 | 0.22 | 0.07 | 0.23 | 0.02 | 2 | 2 | 0 | <.1 |
| 0 | 3 | 0.15 | 3 | 33 | 363 | 0.04 | 3 | 0.00 | 0.03 | 0.01 | 0.02 | 0.00 | <1 | 1 | 0 | 0 |
| 2 | 5 | 0.00 | 1 | 7 | 15 | 0.01 | — | 0.00 | 0.03 | 0.01 | 0.00 | 0.00 | 1 | <.1 | <.1 | — |
| 4 | <.1 | 0.00 | <.1 | 2 | 80 | 0.02 | 0 | 0.00 | 0.32 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | — |
| 5 | 2 | 0.07 | <1 | 5 | 78 | 0.02 | 12 | 0.00 | 0.72 | 0.00 | 0.00 | 0.08 | 1 | 0 | <.1 | <1 |
| 0 | 6 | 0.09 | 1 | 7 | 68 | 0.02 | 0 | 0.00 | 0.09 | 0.00 | 0.01 | 0.00 | <1 | <.1 | 0 | — |
| 0 | 4 | 0.09 | 2 | 8 | 56 | 0.03 | <1 | 0.00 | 0.01 | 0.00 | 0.02 | 0.00 | <1 | <1 | 0 | 2 |
| 0 | <1 | 0.13 | 1 | 4 | 122 | 0.02 | 1 | 0.00 | 0.06 | 0.00 | 0.03 | 0.00 | <1 | <1 | 0 | 0 |
| 11 | 6 | 0.21 | 1 | 10 | 200 | 0.05 | — | 0.00 | 0.97 | 0.00 | 0.01 | 0.08 | 2 | <1 | <.1 | — |
| | | | | | | | | | | | | | | | | |
| 0 | 6 | 0.28 | 6 | 54 | 255 | 0.06 | <1 | 0.01 | 0.01 | 0.01 | 0.28 | 0.02 | 1 | 2 | 0 | <1 |
| 20 | 128 | 0.15 | 6 | 21 | 578 | 0.68 | 56 | 0.00 | — | 0.08 | 0.02 | 0.01 | 3 | <1 | <.1 | 2 |
| 0 | 5 | 0.36 | 9 | 126 | 62 | 0.11 | — | 0.03 | 0.00 | 0.02 | 0.63 | 0.06 | 6 | 44 | 0 | 0 |
| 0 | 7 | 1.05 | 11 | 231 | 114 | 0.15 | — | 0.02 | 0.00 | 0.22 | 0.61 | 0.34 | 7 | <1 | 0 | <1 |
| <1 | 5 | 0.16 | 4 | 19 | 258 | 0.05 | 0 | 0.00 | 0.04 | 0.03 | 0.19 | 0.01 | 4 | <.1 | 0 | <1 |
| 1 | 37 | 1.51 | 57 | 283 | 305 | 0.95 | — | 0.07 | 1.72 | 0.09 | 1.82 | 0.09 | 14 | 5 | <.1 | — |
| 0 | 5 | 0.03 | 1 | 9 | 437 | 0.01 | 0 | 0.00 | 0.00 | 0.02 | 0.24 | 0.00 | 2 | <.1 | <.1 | 1 |
| 0 | 1 | 0.06 | 1 | 6 | 32 | 0.01 | 4 | 0.00 | — | 0.00 | 0.01 | 0.01 | <.1 | <1 | 0 | — |
| 0 | 5 | 0.16 | 2 | 34 | 69 | 0.04 | 5 | 0.01 | 0.19 | 0.01 | 0.13 | 0.02 | 3 | 2 | 0 | <.1 |
| 0 | 3 | 0.36 | 6 | 32 | 1029 | 0.07 | 0 | 0.01 | 0.00 | 0.02 | 0.61 | 0.03 | 3 | 0 | 0 | — |
| 0 | 5 | 0.20 | 1 | 8 | 98 | 0.01 | 0 | 0.00 | — | 0.01 | 0.12 | 0.04 | <1 | 0 | 0 | — |
| 0 | 5 | 0.31 | 11 | 41 | 690 | 0.02 | 0 | 0.01 | 0.00 | 0.01 | 0.23 | 0.02 | 4 | 0 | 0 | <1 |
| 0 | 21 | 1.08 | 19 | 431 | 199 | 0.30 | 48 | 0.05 | 0.39 | 0.05 | 1.18 | 0.13 | 15 | 15 | 0 | 1 |
| 4 | 74 | 0.21 | 9 | 98 | 221 | 0.26 | — | 0.04 | — | 0.12 | 0.25 | 0.03 | 3 | 1 | <1 | — |
| 0 | 6 | 0.30 | 1 | 45 | 56 | 0.01 | — | 0.00 | 0.00 | 0.01 | 0.04 | 0.00 | 0 | 1 | 0 | — |
| | | | | | | | | | | | | | | | | |
| 0 | 0 | 0.00 | — | — | 0 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 0 | 1 | 0.09 | 3 | 15 | <1 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | <.1 |
| 0 | 1 | 0.09 | 0 | 2 | <1 | 0.00 | 0 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | 0 | 0 | 0 | 5 |
| 0 | 0 | 0.00 | — | 0 | 0 | — | 0 | — | — | — | — | — | — | 0 | 0 | — |
| | | | | | | | | | | | | | | | | |
| 40 | 69 | 1.97 | 60 | 549 | 526 | 1.62 | — | 0.09 | 4.11 | 0.20 | 9.48 | 0.44 | 26 | 7 | <1 | — |
| 120 | 26 | 1.64 | 31 | 387 | 477 | 2.69 | 69 | 0.07 | 0.01 | 0.37 | 6.92 | 0.39 | 15 | 5 | <1 | 19 |
| 38 | 331 | 2.95 | 45 | 384 | 514 | 1.92 | 119 | 0.24 | 0.01 | 0.29 | 1.82 | 0.15 | 115 | 4 | <1 | 18 |
| 45 | 84 | 3.74 | 37 | 476 | 757 | 3.51 | — | 0.39 | 0.80 | 0.30 | 5.37 | 0.38 | 23 | 27 | 2 | — |
| 74 | 30 | 1.66 | 20 | 248 | 547 | 0.91 | — | 0.32 | 1.28 | 0.25 | 2.55 | 0.19 | 20 | 4 | <1 | — |
| 71 | 29 | 2.90 | — | 613 | 292 | — | — | 0.15 | 0.51 | 0.17 | 4.70 | — | — | 17 | <.1 | 15 |
| 74 | 70 | 3.26 | 37 | 393 | 818 | 3.66 | — | 0.21 | 1.25 | 0.31 | 3.80 | 0.21 | 17 | 1 | 2 | — |
| 96 | 74 | 2.92 | 94 | 640 | 1355 | 2.24 | — | 0.23 | 4.11 | 0.22 | 19.76 | 0.88 | 64 | 11 | <1 | — |
| 19 | 233 | 1.16 | 32 | 219 | 672 | 1.63 | 147 | 0.37 | — | 0.33 | 4.96 | 0.09 | 69 | 3 | 1 | 27 |
| 13 | 132 | 1.21 | 13 | 77 | 230 | 0.64 | — | 0.13 | 0.43 | 0.14 | 1.09 | 0.04 | 6 | 15 | <.1 | — |
| 103 | 26 | 2.20 | — | 149 | 600 | — | — | 0.05 | — | 0.17 | 4.30 | — | — | 0 | — | 29 |
| | | | | | | | | | | | | | | | | |
| 84 | 22 | 1.38 | 29 | 344 | 962 | 1.70 | — | 0.08 | 1.12 | 0.17 | 7.90 | 0.32 | 13 | 8 | <1 | — |
| 103 | 45 | 2.21 | 37 | 444 | 451 | 2.01 | 53 | 0.10 | 0.00 | 0.21 | 9.20 | 0.54 | 15 | 8 | <1 | 22 |
| 27 | 69 | 1.34 | 19 | 197 | 139 | 1.08 | 5 | 0.15 | 0.00 | 0.18 | 3.46 | 0.22 | 21 | <1 | <1 | 16 |
| 69 | 64 | 3.38 | 38 | 393 | 651 | 1.93 | 607 | 0.40 | 1.06 | 0.40 | 7.24 | 0.24 | 31 | 11 | <1 | — |
| 157 | 52 | 3.27 | 67 | 589 | 3209 | 3.75 | — | 0.15 | 0.59 | 0.37 | 16.69 | 0.89 | 23 | 6 | 1 | — |
| 42 | 20 | 0.78 | 24 | 197 | 246 | 1.13 | 21 | 0.04 | 0.62 | 0.10 | 4.05 | 0.25 | 15 | 2 | <1 | 11 |
| 27 | 43 | 3.16 | 50 | 646 | 865 | 2.44 | 25 | 0.13 | 0.02 | 0.23 | 3.01 | 0.18 | 56 | 10 | 1 | 10 |
| 7 | 41 | 0.53 | 9 | 163 | 21 | 0.18 | 48 | 0.06 | — | 0.06 | 0.24 | 0.11 | 24 | 29 | 0 | 1 |
| 41 | 202 | 3.07 | 36 | 357 | 765 | 2.23 | 117 | 0.43 | — | 0.35 | 3.92 | 0.19 | 65 | 3 | 1 | 22 |

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**TABLE H–1**

**Food Composition** (DA+ code is for Wadsworth Diet Analysis program) (For purposes of calculations, use "0" for t, <1, <.1, <.01, etc.)

| DA + Code | Food Description | Quantity | Measure | Wt (g) | $H_2O$ (g) | Ener (kcal) | Prot (g) | Carb (g) | Fiber (g) | Fat (g) | Fat Breakdown (g) Sat | Mono | Poly | *Trans* |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **MIXED FOODS, SOUPS, SANDWICHES**—Continued | | | | | | | | | | | | | |
| 1574 | Crab cakes, from blue crab | 1 | item(s) | 60 | 43 | 93 | 12 | <1 | 0 | 5 | 0.89 | 1.69 | 1.36 | — |
| 32144 | Enchiladas w/green chili sauce (enchiladas verdes) | 1 | item(s) | 144 | 104 | 207 | 9 | 18 | 3 | 12 | 6.35 | 3.65 | 0.96 | 0 |
| 2793 | Falafel patty | 3 | item(s) | 51 | 18 | 170 | 7 | 16 | 0 | 9 | 1.22 | 5.19 | 2.12 | — |
| 28546 | Fettuccine alfredo | 1 | cup(s) | 222 | 81 | 247 | 11 | 42 | 1 | 3 | 1.61 | 0.79 | 0.43 | 0 |
| 32146 | Flautas | 3 | item(s) | 162 | 78 | 438 | 25 | 36 | 4 | 22 | 8.22 | 8.80 | 2.29 | — |
| 29629 | Fried rice w/meat or poultry | 1 | cup(s) | 198 | 129 | 329 | 12 | 41 | 1 | 12 | 2.27 | 3.53 | 5.69 | — |
| 16649 | General tso chicken | 1 | cup(s) | 146 | 91 | 293 | 19 | 16 | 1 | 17 | 3.98 | 6.27 | 5.27 | — |
| 1826 | Green salad | ¾ | cup(s) | 104 | 99 | 17 | 1 | 3 | 2 | <.1 | 0.01 | 0.00 | 0.04 | — |
| 1814 | Hummus | ½ | cup(s) | 123 | 80 | 218 | 6 | 25 | 5 | 11 | 1.38 | 6.04 | 2.56 | — |
| 16650 | Kung pao chicken | 1 | cup(s) | 162 | 88 | 431 | 29 | 11 | 2 | 31 | 5.19 | 13.95 | 9.69 | — |
| 16622 | Lamb curry | 1 | cup(s) | 236 | 188 | 256 | 28 | 3 | 1 | 14 | 3.93 | 4.92 | 3.35 | — |
| 25253 | Lasagna w/ground beef | 1 | cup(s) | 237 | 157 | 288 | 18 | 22 | 2 | 15 | 7.47 | 4.84 | 0.84 | 0 |
| 442 | Macaroni & cheese | 1 | cup(s) | 200 | 122 | 393 | 15 | 40 | 1 | 19 | 8.18 | 6.72 | 2.66 | — |
| 25105 | Meat loaf | 1 | slice(s) | 115 | 85 | 244 | 17 | 7 | <1 | 16 | 6.15 | 6.89 | 0.83 | 0 |
| 16646 | Moo shi pork | 1 | cup(s) | 151 | 77 | 512 | 19 | 5 | 1 | 46 | 6.84 | 14.80 | 22.07 | — |
| 16788 | Nachos w/beef, beans, cheese, tomatoes, & onions | 7 | item(s) | 551 | 284 | 1496 | 40 | 119 | 19 | 99 | 22.34 | 40.19 | 30.69 | — |
| 1668 | Pepperoni pizza | 2 | slice(s) | 142 | 66 | 362 | 20 | 40 | 1 | 14 | 4.47 | 6.28 | 2.33 | — |
| 655 | Potato salad | ½ | cup(s) | 125 | 95 | 179 | 3 | 14 | 2 | 10 | 1.79 | 3.10 | 4.67 | — |
| 29637 | Ravioli, meat filled, w/tomato or meat sauce, canned | 1 | cup(s) | 251 | 196 | 220 | 9 | 38 | 2 | 4 | 1.58 | 1.49 | 0.41 | — |
| 25109 | Salisbury steaks w/mushroom sauce | 1 | serving(s) | 135 | 102 | 251 | 17 | 9 | 1 | 15 | 5.98 | 6.67 | 0.76 | 0 |
| 16637 | Shrimp creole w/rice | 1 | cup(s) | 243 | 176 | 311 | 27 | 28 | 1 | 9 | 1.83 | 3.79 | 2.88 | — |
| 497 | Spaghetti & meat balls w/tomato sauce, prepared | 1 | cup(s) | 248 | 174 | 330 | 19 | 39 | 3 | 12 | 3.90 | 4.40 | 2.20 | — |
| 28585 | Spicy thai noodles (pad thai) | 8 | ounce(s) | 231 | 74 | 222 | 9 | 36 | 3 | 6 | 0.83 | 3.33 | 1.83 | 0 |
| 33073 | Stir fried pork & vegetables w/rice | 1 | cup(s) | 235 | 173 | 349 | 15 | 34 | 2 | 16 | 5.55 | 6.87 | 2.62 | 0 |
| 28588 | Stuffed shells | 2½ | item(s) | 299 | 189 | 292 | 18 | 33 | 3 | 10 | 3.81 | 3.57 | 1.62 | 0 |
| 16821 | Sushi w/egg in seaweed | 6 | piece(s) | 156 | 117 | 190 | 9 | 20 | <1 | 8 | 2.09 | 3.02 | 1.55 | — |
| 16819 | Sushi w/vegetables & fish | 6 | piece(s) | 156 | 102 | 217 | 8 | 44 | 2 | 1 | 0.16 | 0.14 | 0.20 | — |
| 16820 | Sushi w/vegetables in seaweed | 6 | piece(s) | 156 | 110 | 182 | 3 | 41 | 1 | <1 | 0.10 | 0.11 | 0.11 | — |
| 25266 | Sweet & sour pork | ¾ | cup(s) | 249 | 206 | 264 | 29 | 17 | 1 | 8 | 2.59 | 3.51 | 1.48 | 0 |
| 16824 | Tabouli, tabbouleh, or tabuli | 1 | cup(s) | 160 | 124 | 199 | 3 | 16 | 4 | 15 | 2.04 | 10.83 | 1.37 | — |
| 25276 | Three bean salad | ½ | cup(s) | 99 | 82 | 95 | 2 | 10 | 3 | 6 | 0.76 | 1.41 | 3.48 | 0 |
| 160 | Tuna salad | ½ | cup(s) | 103 | 65 | 192 | 16 | 10 | 0 | 9 | 1.58 | 2.96 | 4.23 | 0 |
| 25241 | Turkey & noodles | 1 | cup(s) | 319 | 228 | 271 | 24 | 21 | 1 | 9 | 2.39 | 3.48 | 2.27 | 0 |
| 16794 | Vegetable egg roll | 2 | item(s) | 128 | 90 | 202 | 5 | 20 | 2 | 12 | 2.46 | 5.71 | 2.65 | — |
| 16818 | Vegetable sushi, no fish | 6 | piece(s) | 156 | 99 | 225 | 5 | 50 | 2 | <1 | 0.11 | 0.10 | 0.14 | — |
| | **Sandwiches** | | | | | | | | | | | | | |
| 1744 | Bacon, lettuce & tomato w/mayonnaise | 1 | item(s) | 164 | 97 | 349 | 11 | 34 | 2 | 19 | 4.54 | 7.22 | 6.07 | — |
| 30287 | Bologna & cheese w/margarine | 1 | item(s) | 111 | 46 | 350 | 13 | 28 | 1 | 20 | 8.55 | 8.40 | 2.28 | — |
| 30286 | Bologna w/margarine | 1 | item(s) | 83 | 34 | 256 | 7 | 26 | 1 | 13 | 4.08 | 6.31 | 2.07 | — |
| 16546 | Cheese | 1 | item(s) | 83 | 31 | 262 | 10 | 27 | 1 | 13 | 5.59 | 4.77 | 1.67 | — |
| 8789 | Cheeseburger, large, plain | 1 | item(s) | 185 | 72 | 609 | 30 | 47 | 0 | 33 | 14.84 | 12.74 | 2.44 | — |
| 8624 | Cheeseburger, large, w/bacon, vegetables, & condiments | 1 | item(s) | 195 | 85 | 608 | 32 | 37 | 2 | 37 | 16.24 | 14.49 | 2.71 | — |
| 1745 | Club w/bacon, chicken, tomato, lettuce, & mayonnaise | 1 | item(s) | 246 | 137 | 555 | 31 | 48 | 3 | 26 | 5.94 | — | — | — |
| 1908 | Cold cut submarine w/cheese & vegetables | 1 | item(s) | 228 | 132 | 456 | 22 | 51 | 2 | 19 | 6.81 | 8.23 | 2.28 | — |
| 30247 | Corned beef | 1 | item(s) | 130 | 75 | 268 | 19 | 25 | 2 | 10 | 3.75 | 3.96 | 0.80 | — |
| 25283 | Egg salad | 1 | item(s) | 126 | 72 | 278 | 10 | 29 | 1 | 13 | 2.96 | 3.97 | 4.79 | — |
| 16686 | Fried egg | 1 | item(s) | 96 | 50 | 226 | 10 | 26 | 1 | 9 | 2.29 | 3.51 | 1.64 | — |
| 16547 | Grilled cheese | 1 | item(s) | 83 | 27 | 292 | 10 | 27 | 1 | 16 | 6.22 | 6.29 | 2.54 | — |
| 16659 | Gyro w/onion & tomato | 1 | item(s) | 105 | 67 | 170 | 12 | 21 | 1 | 4 | 1.53 | 1.41 | 0.43 | — |
| 1906 | Ham & cheese | 1 | item(s) | 146 | 74 | 352 | 21 | 33 | 2 | 15 | 6.44 | 6.74 | 1.38 | — |
| 31890 | Ham w/mayonnaise | 1 | item(s) | 112 | 55 | 282 | 14 | 27 | 1 | 13 | 3.06 | 5.04 | 3.79 | — |
| 756 | Hamburger, double patty, large, w/condiments & vegetables | 1 | item(s) | 226 | 121 | 540 | 34 | 40 | 0 | 27 | 10.52 | 10.33 | 2.80 | — |
| 8793 | Hamburger, large, plain | 1 | item(s) | 137 | 58 | 426 | 23 | 32 | 2 | 23 | 8.38 | 9.88 | 2.14 | — |
| 8795 | Hamburger, large, w/vegetables & condiments | 1 | item(s) | 218 | 121 | 512 | 26 | 40 | 3 | 27 | 10.42 | 11.42 | 2.20 | — |
| 25134 | Hot chicken salad | 1 | item(s) | 98 | 49 | 239 | 16 | 23 | 1 | 9 | 2.83 | 2.61 | 2.76 | 0 |
| 1411 | Hot dog w/bun, plain | 1 | item(s) | 98 | 53 | 242 | 10 | 18 | 2 | 15 | 5.11 | 6.85 | 1.71 | — |
| 25133 | Hot turkey salad | 1 | item(s) | 98 | 50 | 221 | 16 | 23 | 1 | 7 | 2.23 | 1.76 | 2.28 | 0 |
| 30249 | Pastrami | 1 | item(s) | 134 | 71 | 331 | 14 | 27 | 2 | 18 | 6.18 | 8.74 | 1.02 | — |

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**PAGE KEY:** H–2 = Breads/Baked Goods H–6 = Cereal/Rice/Pasta H–10 = Fruit H–14 = Vegetables/Legumes H–24 = Nuts/Seeds H–26 = Vegetarian H–28 = Dairy H–34 = Eggs H–34 = Seafood H–36 = Meats H–40 = Poultry H–40 = Processed meats H–42 = Beverages H–46 = Fats/Oils H–48 = Sweets H–50 = Spices/Condiments/Sauces H–52 = Mixed foods/Soups/Sandwiches H–58 = Fast food H–74 = Convenience meals H–76 = Baby foods

| Chol (mg) | Calc (mg) | Iron (mg) | Magn (mg) | Pota (mg) | Sodi (mg) | Zinc (mg) | Vit A (µg) | Thia (mg) | Vit E (mg α) | Ribo (mg) | Niac (mg) | Vit $B_6$ (mg) | Fola (µg) | Vit C (mg) | Vit $B_{12}$ (µg) | Sele (µg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 90 | 63 | 0.65 | 20 | 194 | 198 | 2.45 | 34 | 0.05 | — | 0.05 | 1.74 | 0.10 | 32 | 2 | 4 | 24 |
| 27 | 266 | 1.08 | 38 | 251 | 276 | 1.27 | — | 0.07 | 0.03 | 0.16 | 1.28 | 0.18 | 45 | 59 | <1 | 6 |
| 0 | 28 | 1.74 | 42 | 298 | 150 | 0.77 | 1 | 0.07 | — | 0.08 | 0.53 | 0.06 | 47 | 1 | 0 | 1 |
| 9 | 153 | 1.88 | 32 | 123 | 386 | 1.48 | 51 | 0.35 | 0.00 | 0.34 | 2.60 | 0.06 | 103 | 1 | <1 | 35 |
| 73 | 146 | 2.66 | 61 | 223 | 886 | 3.44 | 0 | 0.10 | 0.10 | 0.17 | 3.00 | 0.27 | 96 | 0 | 1 | 37 |
| 102 | 36 | 2.66 | 31 | 182 | 821 | 1.42 | — | 0.30 | 1.60 | 0.19 | 3.51 | 0.24 | 24 | 3 | <1 | — |
| 65 | 27 | 1.49 | 24 | 250 | 906 | 1.40 | — | 0.10 | 1.62 | 0.19 | 6.28 | 0.28 | 17 | 12 | <1 | — |
| 0 | 13 | 0.65 | 11 | 178 | 27 | 0.22 | 59 | 0.03 | — | 0.05 | 0.57 | 0.08 | 38 | 24 | 0 | <1 |
| 0 | 60 | 1.93 | 36 | 213 | 298 | 1.34 | 0 | 0.11 | 0.92 | 0.06 | 0.49 | 0.49 | 73 | 10 | 0 | 3 |
| 64 | 49 | 1.96 | 63 | 428 | 907 | 1.50 | — | 0.15 | 4.32 | 0.15 | 13.23 | 0.59 | 43 | 8 | <1 | — |
| 89 | 36 | 2.97 | 40 | 495 | 495 | 6.62 | — | 0.09 | 1.30 | 0.28 | 8.05 | 0.20 | 27 | 1 | 3 | — |
| 68 | 222 | 2.33 | 40 | 437 | 493 | 2.81 | 108 | 0.19 | 0.22 | 0.29 | 3.02 | 0.20 | 50 | 10 | 1 | 22 |
| 30 | 323 | 2.26 | 42 | 263 | 800 | 1.95 | 327 | 0.25 | 0.72 | 0.40 | 2.18 | 0.10 | 12 | <1 | <1 | — |
| 85 | 54 | 2.09 | 21 | 278 | 423 | 3.55 | 27 | 0.08 | 0.00 | 0.29 | 3.77 | 0.13 | 20 | <1 | 2 | 17 |
| 172 | 30 | 1.45 | 26 | 330 | 1078 | 1.83 | — | 0.50 | 5.39 | 0.38 | 2.90 | 0.31 | 22 | 8 | 1 | — |
| 82 | 699 | 6.71 | 205 | 1067 | 1611 | 7.55 | — | 0.31 | 7.71 | 0.50 | 5.62 | 0.85 | 59 | 14 | 1 | — |
| 28 | 129 | 1.87 | 17 | 305 | 534 | 1.04 | 105 | 0.27 | — | 0.47 | 6.09 | 0.11 | 74 | 3 | <1 | 26 |
| 85 | 24 | 0.81 | 19 | 318 | 661 | 0.39 | 40 | 0.10 | — | 0.08 | 1.11 | 0.18 | 9 | 13 | 0 | 5 |
| 17 | 28 | 2.04 | 23 | 337 | 1354 | 1.19 | — | 0.22 | 0.70 | 0.20 | 2.88 | 0.14 | 17 | 22 | <1 | — |
| 60 | 64 | 2.21 | 23 | 282 | 370 | 3.66 | 27 | 0.11 | 0.00 | 0.30 | 4.00 | 0.13 | 22 | <1 | 2 | 17 |
| 181 | 101 | 4.44 | 64 | 439 | 381 | 1.73 | — | 0.29 | 2.07 | 0.10 | 4.77 | 0.22 | 12 | 18 | 1 | — |
| 89 | 124 | 3.70 | — | 665 | 1009 | — | 82 | 0.25 | — | 0.30 | 4.00 | — | — | 22 | — | 22 |
| 37 | 32 | 1.58 | 50 | 187 | 598 | 1.08 | 38 | 0.18 | 0.36 | 0.13 | 1.88 | 0.17 | 44 | 22 | <.1 | 3 |
| 46 | 39 | 2.65 | 32 | 394 | 574 | 2.07 | 80 | 0.51 | 0.38 | 0.20 | 5.07 | 0.30 | 102 | 18 | <1 | 23 |
| 35 | 241 | 3.18 | 63 | 462 | 543 | 1.68 | 280 | 0.32 | 0.00 | 0.36 | 4.64 | 0.30 | 109 | 15 | <1 | 36 |
| 217 | 42 | 1.63 | 18 | 128 | 527 | 0.98 | — | 0.12 | 0.67 | 0.29 | 1.33 | 0.13 | 29 | 2 | <1 | — |
| 11 | 24 | 2.18 | 25 | 204 | 340 | 0.79 | — | 0.26 | 0.25 | 0.07 | 2.77 | 0.15 | 14 | 4 | <1 | — |
| 0 | 20 | 1.54 | 20 | 99 | 153 | 0.70 | — | 0.20 | 0.12 | 0.04 | 1.86 | 0.14 | 10 | 2 | 0 | — |
| 74 | 41 | 1.78 | 35 | 622 | 624 | 2.53 | 64 | 0.80 | 0.20 | 0.37 | 6.69 | 0.65 | 14 | 10 | 1 | 50 |
| 0 | 29 | 1.25 | 36 | 246 | 799 | 0.48 | — | 0.08 | 2.43 | 0.05 | 1.14 | 0.11 | 31 | 29 | 0 | — |
| 0 | 26 | 0.96 | 15 | 144 | 224 | 0.31 | 12 | 0.04 | 0.89 | 0.06 | 0.26 | 0.06 | 31 | 9 | 0 | 3 |
| 13 | 17 | 1.03 | 19 | 182 | 412 | 0.57 | 25 | 0.03 | 0.00 | 0.07 | 6.87 | 0.08 | 8 | 2 | 1 | 42 |
| 77 | 60 | 2.69 | 33 | 379 | 576 | 2.64 | 108 | 0.23 | 0.29 | 0.32 | 6.40 | 0.30 | 60 | 1 | 1 | 34 |
| 60 | 29 | 1.61 | 18 | 193 | 548 | 0.51 | — | 0.16 | 1.28 | 0.21 | 1.59 | 0.10 | 27 | 6 | <1 | — |
| 0 | 23 | 2.40 | 23 | 158 | 369 | 0.84 | — | 0.28 | 0.16 | 0.06 | 2.44 | 0.13 | 15 | 4 | 0 | — |
| 20 | 76 | 2.54 | 27 | 328 | 837 | 0.98 | — | 0.39 | 1.16 | 0.27 | 3.81 | 0.20 | 31 | 15 | <1 | — |
| 35 | 221 | 2.18 | 24 | 185 | 940 | 1.68 | — | 0.30 | 0.56 | 0.33 | 2.77 | 0.12 | 21 | <.1 | 1 | — |
| 16 | 60 | 1.96 | 15 | 112 | 598 | 0.85 | — | 0.29 | 0.50 | 0.21 | 2.73 | 0.08 | 19 | <.1 | <1 | — |
| 19 | 216 | 1.75 | 20 | 135 | 655 | 1.14 | — | 0.25 | 0.47 | 0.29 | 2.04 | 0.07 | 19 | <.1 | <1 | — |
| 96 | 91 | 5.46 | 39 | 644 | 1589 | 5.55 | 185 | 0.48 | — | 0.57 | 11.17 | 0.28 | 74 | 0 | 3 | 39 |
| 111 | 162 | 4.74 | 45 | 332 | 1043 | 6.83 | 82 | 0.31 | — | 0.41 | 6.63 | 0.31 | 86 | 2 | 2 | 33 |
| 72 | 116 | 4.05 | 47 | 463 | 855 | 1.65 | — | 0.61 | 1.53 | 0.44 | 11.92 | 0.59 | 48 | 9 | 1 | — |
| 36 | 189 | 2.51 | 68 | 394 | 1651 | 2.58 | 71 | 1.00 | — | 0.80 | 5.49 | 0.14 | 87 | 12 | 1 | 31 |
| 46 | 67 | 2.67 | 20 | 187 | 1177 | 2.24 | — | 0.24 | 0.21 | 0.25 | 3.23 | 0.10 | 22 | 2 | 1 | — |
| 217 | 107 | 2.60 | 18 | 147 | 494 | 0.94 | 94 | 0.26 | 0.13 | 0.43 | 2.27 | 0.16 | 82 | 1 | 1 | 24 |
| 207 | 80 | 2.25 | 17 | 120 | 433 | 0.85 | — | 0.27 | 0.66 | 0.41 | 2.06 | 0.10 | 34 | 0 | <1 | — |
| 19 | 219 | 1.76 | 21 | 137 | 696 | 1.15 | — | 0.19 | 0.72 | 0.28 | 1.86 | 0.06 | 13 | <.1 | <1 | — |
| 34 | 46 | 1.85 | 21 | 209 | 272 | 2.30 | — | 0.24 | 0.26 | 0.21 | 3.14 | 0.13 | 18 | 4 | 1 | — |
| 58 | 130 | 3.24 | 16 | 291 | 771 | 1.37 | 96 | 0.31 | 0.29 | 0.48 | 2.69 | 0.20 | 76 | 3 | 1 | 23 |
| 36 | 59 | 2.10 | 23 | 245 | 1033 | 1.50 | — | 0.71 | 0.50 | 0.31 | 4.89 | 0.26 | 19 | 0 | <1 | — |
| 122 | 102 | 5.85 | 50 | 570 | 791 | 5.67 | 5 | 0.36 | — | 0.38 | 7.57 | 0.54 | 77 | 1 | 4 | 26 |
| 71 | 74 | 3.58 | 27 | 267 | 474 | 4.11 | 0 | 0.29 | — | 0.29 | 6.25 | 0.23 | 60 | 0 | 2 | 27 |
| 87 | 96 | 4.93 | 44 | 480 | 824 | 4.88 | 24 | 0.41 | — | 0.37 | 7.28 | 0.33 | 83 | 3 | 2 | 34 |
| 39 | 114 | 1.93 | 20 | 150 | 470 | 1.22 | 28 | 0.20 | 0.28 | 0.23 | 4.93 | 0.20 | 54 | <1 | <1 | 17 |
| 44 | 24 | 2.31 | 13 | 143 | 670 | 1.98 | 0 | 0.24 | — | 0.27 | 3.65 | 0.05 | 48 | <.1 | 1 | 26 |
| 37 | 113 | 2.04 | 22 | 167 | 459 | 1.09 | 23 | 0.19 | 0.29 | 0.21 | 4.36 | 0.23 | 54 | <1 | <1 | 20 |
| 51 | 68 | 2.64 | 23 | 243 | 1335 | 2.69 | — | 0.29 | 0.27 | 0.27 | 4.77 | 0.13 | 21 | 2 | 1 | — |

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**TABLE H–1**

**Food Composition** (DA+ code is for Wadsworth Diet Analysis program) (For purposes of calculations, use "0" for t, <1, <.1, <.01, etc.)

| DA + Code | Food Description | Quantity | Measure | Wt (g) | $H_2O$ (g) | Ener (kcal) | Prot (g) | Carb (g) | Fiber (g) | Fat (g) | Fat Breakdown (g) Sat | Mono | Poly | *Trans* |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **MIXED FOODS, SOUPS, SANDWICHES**—Continued | | | | | | | | | | | | | |
| 16701 | Peanut butter | 1 | item(s) | 93 | 24 | 344 | 13 | 37 | 3 | 17 | 3.55 | 8.16 | 4.58 | — |
| 30306 | Peanut butter & jelly | 1 | item(s) | 93 | 24 | 330 | 11 | 42 | 3 | 15 | 3.00 | 6.87 | 3.82 | — |
| 1910 | Roast beef, plain | 1 | item(s) | 139 | 68 | 346 | 22 | 33 | 1 | 14 | 3.61 | 6.80 | 1.71 | — |
| 1909 | Roast beef submarine w/mayonnaise & vegetables | 1 | item(s) | 216 | 127 | 410 | 29 | 44 | — | 13 | 7.09 | 1.84 | 2.61 | — |
| 1907 | Steak w/mayonnaise & vegetables | 1 | item(s) | 204 | 104 | 459 | 30 | 52 | 2 | 14 | 3.81 | 5.34 | 3.35 | — |
| 25288 | Tuna salad | 1 | item(s) | 179 | 102 | 414 | 24 | 29 | 2 | 22 | 3.61 | 5.46 | 11.43 | — |
| 31891 | Turkey w/mayonnaise | 1 | item(s) | 143 | 75 | 330 | 29 | 26 | 1 | 11 | 2.61 | 3.25 | 4.40 | — |
| 30283 | Turkey submarine w/cheese, lettuce, tomato, & mayonnaise | 1 | item(s) | 277 | 156 | 583 | 37 | 51 | 3 | 25 | 7.15 | 8.03 | 7.81 | — |
| | **Soups** | | | | | | | | | | | | | |
| 25296 | Bean | 1 | cup(s) | 301 | 253 | 191 | 14 | 29 | 6 | 2 | 0.67 | 0.83 | 0.53 | 0 |
| 711 | Bean with pork, condensed, prepared w/water | 1 | cup(s) | 265 | 223 | 180 | 8 | 24 | 9 | 6 | 1.59 | 2.28 | 1.91 | — |
| 713 | Beef noodle, condensed, prepared w/water | 1 | cup(s) | 244 | 224 | 83 | 5 | 9 | 1 | 3 | 1.15 | 1.24 | 0.49 | — |
| 825 | Cheese, condensed, prepared w/milk | 1 | cup(s) | 251 | 207 | 231 | 9 | 16 | 1 | 15 | 9.11 | 4.09 | 0.45 | — |
| 826 | Chicken broth, condensed, prepared w/water | 1 | cup(s) | 244 | 234 | 39 | 5 | 1 | 0 | 1 | 0.39 | 0.59 | 0.27 | — |
| 25297 | Chicken noodle | 1 | cup(s) | 286 | 258 | 117 | 11 | 11 | 1 | 3 | 0.78 | 1.10 | 0.66 | — |
| 827 | Chicken noodle, condensed, prepared w/water | 1 | cup(s) | 241 | 222 | 75 | 4 | 9 | 1 | 2 | 0.65 | 1.11 | 0.55 | — |
| 724 | Chicken noodle, dehydrated, prepared w/water | 1 | cup(s) | 252 | 237 | 58 | 2 | 9 | <1 | 1 | 0.31 | 0.52 | 0.39 | — |
| 823 | Cream of asparagus, condensed, prepared w/milk | 1 | cup(s) | 248 | 213 | 161 | 6 | 16 | 1 | 8 | 3.32 | 2.08 | 2.23 | — |
| 824 | Cream of celery, condensed, prepared w/milk | 1 | cup(s) | 248 | 214 | 164 | 6 | 15 | 1 | 10 | 3.94 | 2.46 | 2.65 | — |
| 708 | Cream of chicken, condensed, prepared w/milk | 1 | cup(s) | 248 | 210 | 191 | 7 | 15 | <1 | 11 | 4.64 | 4.46 | 1.64 | — |
| 715 | Cream of chicken, condensed, prepared w/water | 1 | cup(s) | 244 | 221 | 117 | 3 | 9 | <1 | 7 | 2.07 | 3.27 | 1.49 | — |
| 709 | Cream of mushroom, condensed, prepared w/milk | 1 | cup(s) | 248 | 210 | 203 | 6 | 15 | <1 | 14 | 5.13 | 2.98 | 4.61 | — |
| 716 | Cream of mushroom, condensed, prepared w/water | 1 | cup(s) | 244 | 220 | 129 | 2 | 9 | <1 | 9 | 2.44 | 1.71 | 4.22 | — |
| 25298 | Cream of vegetable | 1 | cup(s) | 285 | 251 | 165 | 7 | 15 | 2 | 9 | 1.56 | 4.62 | 1.92 | — |
| 16689 | Egg drop | 1 | cup(s) | 244 | 229 | 73 | 8 | 1 | 0 | 4 | 1.15 | 1.52 | 0.59 | — |
| 25138 | Golden squash | 1 | cup(s) | 258 | 224 | 144 | 8 | 21 | 2 | 4 | 0.84 | 2.18 | 0.88 | 0 |
| 16663 | Hot & sour | 1 | cup(s) | 244 | 210 | 161 | 15 | 5 | 1 | 8 | 2.72 | 3.40 | 1.20 | — |
| 28054 | Lentil chowder | 1 | cup(s) | 229 | 188 | 150 | 11 | 27 | 12 | <1 | 0.09 | 0.08 | 0.22 | 0 |
| 28560 | Macaroni & bean | 1 | cup(s) | 229 | 129 | 136 | 6 | 21 | 5 | 3 | 0.48 | 2.06 | 0.59 | 0 |
| 714 | Manhattan clam chowder, condensed, prepared w/water | 1 | cup(s) | 244 | 224 | 78 | 2 | 12 | 1 | 2 | 0.38 | 0.38 | 1.29 | — |
| 28561 | Minestrone | 1 | cup(s) | 230 | 177 | 99 | 4 | 16 | 5 | 2 | 0.32 | 1.30 | 0.43 | 0 |
| 717 | Minestrone, condensed, prepared w/water | 1 | cup(s) | 241 | 220 | 82 | 4 | 11 | 1 | 3 | 0.55 | 0.70 | 1.11 | — |
| 28038 | Mushroom & wild rice | 1 | cup(s) | 230 | 188 | 81 | 4 | 12 | 2 | <1 | 0.05 | 0.02 | 0.15 | 0 |
| 828 | New England clam chowder, condensed, prepared w/milk | 1 | cup(s) | 248 | 211 | 164 | 9 | 17 | 1 | 7 | 2.95 | 2.26 | 1.09 | — |
| 28036 | New England style clam chowder | 1 | cup(s) | 229 | 207 | 83 | 3 | 15 | 2 | <1 | 0.08 | 0.03 | 0.05 | 0 |
| 28566 | Old country pasta | 1 | cup(s) | 228 | 164 | 135 | 6 | 20 | 3 | 3 | 1.17 | 1.60 | 0.63 | 0 |
| 725 | Onion, dehydrated, prepared w/water | 1 | cup(s) | 246 | 237 | 27 | 1 | 5 | 1 | 1 | 0.12 | 0.32 | 0.07 | — |
| 16667 | Shrimp gumbo | 1 | cup(s) | 244 | 206 | 171 | 10 | 19 | 3 | 7 | 1.34 | 3.02 | 2.05 | — |
| 28037 | Southwestern corn chowder | 1 | cup(s) | 229 | 202 | 102 | 5 | 18 | 2 | <1 | 0.12 | 0.12 | 0.20 | 0 |
| 25140 | Split pea | 1 | cup(s) | 165 | 117 | 85 | 4 | 19 | 2 | <1 | 0.07 | 0.03 | 0.18 | 0 |
| 718 | Split pea with ham, condensed, prepared w/water | 1 | cup(s) | 253 | 207 | 190 | 10 | 28 | 2 | 4 | 1.77 | 1.80 | 0.63 | — |
| 710 | Tomato, condensed, prepared w/milk | 1 | cup(s) | 248 | 210 | 161 | 6 | 22 | 3 | 6 | 2.90 | 1.61 | 1.12 | — |
| 719 | Tomato, condensed, prepared w/water | 1 | cup(s) | 244 | 220 | 85 | 2 | 17 | <1 | 2 | 0.37 | 0.44 | 0.95 | — |
| 726 | Tomato vegetable, dehydrated, prepared w/water | 1 | cup(s) | 253 | 237 | 56 | 2 | 10 | 1 | 1 | 0.38 | 0.30 | 0.08 | — |
| 28595 | Turkey noodle | 1 | cup(s) | 228 | 203 | 106 | 8 | 14 | 2 | 2 | 0.27 | 1.06 | 0.67 | 0 |
| 28051 | Turkey vegetable | 1 | cup(s) | 227 | 203 | 98 | 11 | 8 | 2 | 1 | 0.32 | 0.17 | 0.30 | 0 |
| 720 | Vegetable beef, condensed, prepared w/water | 1 | cup(s) | 244 | 224 | 78 | 6 | 10 | <1 | 2 | 0.85 | 0.81 | 0.12 | — |
| 28598 | Vegetable gumbo | 1 | cup(s) | 229 | 168 | 153 | 4 | 26 | 3 | 4 | 0.61 | 2.93 | 0.56 | 0 |
| 25141 | Vegetable | 1 | cup(s) | 252 | 225 | 96 | 5 | 20 | 4 | — | 0.06 | 0.04 | 0.16 | 0 |
| 721 | Vegetarian vegetable, condensed, prepared w/water | 1 | cup(s) | 241 | 223 | 72 | 2 | 12 | — | 2 | 0.29 | 0.82 | 0.72 | — |

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**PAGE KEY:** H–2 = Breads/Baked Goods H–6 = Cereal/Rice/Pasta H–10 = Fruit H–14 = Vegetables/Legumes H–24 = Nuts/Seeds H–26 = Vegetarian H–28 = Dairy H–34 = Eggs H–34 = Seafood H–36 = Meats H–40 = Poultry H–40 = Processed meats H–42 = Beverages H–46 = Fats/Oils H–48 = Sweets H–50 = Spices/Condiments/Sauces H–52 = Mixed foods/Soups/Sandwiches H–58 = Fast food H–74 = Convenience meals H–76 = Baby foods

| Chol (mg) | Calc (mg) | Iron (mg) | Magn (mg) | Pota (mg) | Sodi (mg) | Zinc (mg) | Vit A (µg) | Thia (mg) | Vit E (mg α) | Ribo (mg) | Niac (mg) | Vit $B_6$ (mg) | Fola (µg) | Vit C (mg) | Vit $B_{12}$ (µg) | Sele (µg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 80 | 2.47 | 62 | 272 | 479 | 1.25 | 0 | 0.33 | 2.39 | 0.25 | 6.46 | 0.17 | 43 | 0 | <.1 | — |
| 1 | 68 | 2.11 | 53 | 239 | 409 | 1.06 | — | 0.27 | 2.02 | 0.21 | 5.45 | 0.15 | 37 | <1 | <.1 | — |
| 51 | 54 | 4.23 | 31 | 316 | 792 | 3.39 | 11 | 0.38 | — | 0.31 | 5.87 | 0.26 | 57 | 2 | 1 | 29 |
| 73 | 41 | 2.81 | 67 | 330 | 845 | 4.38 | 30 | 0.41 | — | 0.41 | 5.96 | 0.32 | 71 | 6 | 2 | 26 |
| 73 | 92 | 5.16 | 49 | 524 | 798 | 4.53 | 20 | 0.41 | — | 0.37 | 7.30 | 0.37 | 90 | 6 | 2 | 42 |
| 53 | 100 | 3.29 | 35 | 302 | 795 | 1.08 | 46 | 0.26 | 0.35 | 0.26 | 12.29 | 0.48 | 70 | 1 | 2 | 71 |
| 69 | 78 | 3.10 | 34 | 315 | 490 | 2.94 | — | 0.30 | 0.74 | 0.33 | 6.64 | 0.46 | 24 | 0 | <1 | — |
| 70 | 324 | 3.88 | 51 | 552 | 2408 | 2.66 | — | 0.53 | 1.19 | 0.49 | 12.50 | 0.54 | 46 | 5 | 2 | — |
| 5 | 80 | 3.08 | 61 | 590 | 690 | 1.41 | 26 | 0.27 | 0.03 | 0.15 | 3.61 | 0.23 | 139 | 3 | <1 | 8 |
| 3 | 85 | 2.15 | 48 | 421 | 996 | 1.09 | 48 | 0.09 | 0.80 | 0.03 | 0.59 | 0.04 | 34 | 2 | <.1 | 8 |
| 5 | 15 | 1.10 | 5 | 100 | 952 | 1.54 | 7 | 0.07 | 0.68 | 0.06 | 1.07 | 0.04 | 20 | <1 | <1 | 7 |
| 48 | 289 | 0.80 | 20 | 341 | 1019 | 0.68 | 359 | 0.06 | — | 0.33 | 0.50 | 0.08 | 10 | 1 | <1 | 7 |
| 0 | 10 | 0.51 | 2 | 210 | 776 | 0.24 | 0 | 0.01 | 0.05 | 0.07 | 3.35 | 0.02 | 5 | 0 | <1 | 0 |
| 24 | 26 | 1.34 | 16 | 335 | 776 | 0.77 | 49 | 0.15 | 0.02 | 0.16 | 5.57 | 0.13 | 40 | 1 | <1 | 10 |
| 7 | 17 | 0.77 | 5 | 55 | 1106 | 0.39 | 36 | 0.05 | 0.10 | 0.06 | 1.39 | 0.03 | 22 | <1 | <1 | 6 |
| 10 | 5 | 0.50 | 8 | 33 | 577 | 0.20 | 3 | 0.20 | 0.13 | 0.08 | 1.09 | 0.03 | 18 | 0 | <.1 | 10 |
| 22 | 174 | 0.87 | 20 | 360 | 1042 | 0.92 | 62 | 0.10 | — | 0.28 | 0.88 | 0.06 | 30 | 4 | <1 | 8 |
| 32 | 186 | 0.69 | 22 | 310 | 1009 | 0.20 | 114 | 0.07 | — | 0.25 | 0.44 | 0.06 | 7 | 1 | <1 | 5 |
| 27 | 181 | 0.67 | 17 | 273 | 1047 | 0.67 | 179 | 0.07 | — | 0.26 | 0.92 | 0.07 | 7 | 1 | 1 | 8 |
| 10 | 34 | 0.61 | 2 | 88 | 986 | 0.63 | 163 | 0.03 | — | 0.06 | 0.82 | 0.02 | 2 | <1 | <.1 | 7 |
| 20 | 179 | 0.60 | 20 | 270 | 918 | 0.64 | 35 | 0.08 | 1.24 | 0.28 | 0.91 | 0.06 | 10 | 2 | <1 | 4 |
| 2 | 46 | 0.51 | 5 | 100 | 881 | 0.59 | 15 | 0.05 | 0.95 | 0.09 | 0.72 | 0.01 | 5 | 1 | <.1 | 1 |
| 1 | 68 | 1.38 | 17 | 312 | 784 | 0.74 | 100 | 0.12 | 1.06 | 0.20 | 3.27 | 0.12 | 37 | 10 | <1 | 5 |
| 103 | 21 | 0.75 | 5 | 220 | 729 | 0.48 | — | 0.02 | 0.29 | 0.19 | 3.03 | 0.05 | 15 | 0 | <1 | — |
| 4 | 203 | 1.63 | 39 | 412 | 500 | 1.72 | 454 | 0.17 | 0.53 | 0.38 | 1.15 | 0.15 | 32 | 10 | 1 | 8 |
| 34 | 29 | 1.89 | 29 | 382 | 1561 | 1.51 | — | 0.27 | 0.12 | 0.25 | 4.97 | 0.20 | 13 | 1 | <1 | — |
| <1 | 47 | 4.07 | 55 | 590 | 26 | 1.44 | 163 | 0.21 | 0.06 | 0.12 | 1.69 | 0.30 | 164 | 13 | 0 | 3 |
| <1 | 64 | 1.86 | 32 | 254 | 489 | 0.46 | 174 | 0.15 | 0.35 | 0.13 | 1.36 | 0.09 | 59 | 7 | 0 | 9 |
| 2 | 27 | 1.63 | 12 | 188 | 578 | 0.98 | 56 | 0.03 | 0.34 | 0.04 | 0.82 | 0.10 | 10 | 4 | 4 | 9 |
| 0 | 68 | 1.76 | 31 | 273 | 423 | 0.38 | 138 | 0.10 | 0.23 | 0.10 | 0.69 | 0.07 | 47 | 12 | 0 | 4 |
| 2 | 34 | 0.92 | 7 | 313 | 911 | 0.75 | 118 | 0.05 | — | 0.04 | 0.94 | 0.10 | 36 | 1 | 0 | 8 |
| 0 | 27 | 1.08 | 26 | 332 | 267 | 0.87 | 4 | 0.06 | 0.07 | 0.21 | 2.97 | 0.14 | 18 | 4 | <.1 | 4 |
| 22 | 186 | 1.49 | 22 | 300 | 992 | 0.79 | 57 | 0.07 | 0.45 | 0.24 | 1.03 | 0.13 | 10 | 3 | 10 | 13 |
| 2 | 69 | 1.29 | 26 | 430 | 236 | 0.66 | 34 | 0.07 | 0.02 | 0.12 | 1.02 | 0.20 | 17 | 12 | 3 | 4 |
| 6 | 51 | 2.32 | 47 | 434 | 319 | 0.69 | 114 | 0.20 | 0.01 | 0.15 | 2.42 | 0.23 | 65 | 17 | <.1 | 9 |
| 0 | 12 | 0.15 | 5 | 64 | 849 | 0.05 | 0 | 0.03 | 0.00 | 0.06 | 0.48 | 0.00 | 2 | <1 | 0 | 2 |
| 51 | 99 | 2.34 | 51 | 515 | 515 | 0.93 | — | 0.19 | 1.90 | 0.10 | 2.54 | 0.19 | 59 | 26 | <1 | — |
| 1 | 65 | 1.10 | 24 | 374 | 200 | 0.73 | 46 | 0.08 | 0.09 | 0.14 | 1.65 | 0.22 | 27 | 37 | <1 | 2 |
| 0 | 30 | 1.25 | 33 | 352 | 608 | 0.57 | 112 | 0.12 | 0.00 | 0.09 | 1.67 | 0.21 | 61 | 9 | 0 | <1 |
| 8 | 23 | 2.28 | 48 | 400 | 1007 | 1.32 | 23 | 0.15 | — | 0.08 | 1.47 | 0.07 | 3 | 2 | <1 | 8 |
| 17 | 159 | 1.81 | 22 | 449 | 744 | 0.30 | 64 | 0.13 | 1.24 | 0.25 | 1.52 | 0.16 | 17 | 68 | <1 | 2 |
| 0 | 12 | 1.76 | 7 | 264 | 695 | 0.24 | 29 | 0.09 | 2.32 | 0.05 | 1.42 | 0.11 | 15 | 66 | 0 | <1 |
| 0 | 8 | 0.63 | 20 | 104 | 1146 | 0.18 | 10 | 0.06 | 0.35 | 0.05 | 0.79 | 0.05 | 10 | 6 | 0 | 5 |
| 24 | 27 | 1.40 | 22 | 200 | 372 | 0.67 | 81 | 0.20 | 0.02 | 0.11 | 2.68 | 0.15 | 45 | 5 | <1 | 13 |
| 20 | 36 | 1.30 | 22 | 383 | 328 | 0.90 | 110 | 0.08 | 0.01 | 0.09 | 3.33 | 0.27 | 21 | 10 | <1 | 9 |
| 5 | 17 | 1.12 | 5 | 173 | 791 | 1.54 | 95 | 0.04 | 0.37 | 0.05 | 1.03 | 0.08 | 10 | 2 | <1 | 4 |
| 0 | 52 | 1.90 | 35 | 313 | 471 | 0.56 | 15 | 0.17 | 0.58 | 0.07 | 1.59 | 0.16 | 51 | 18 | 0 | 4 |
| 0 | 41 | 2.45 | 38 | 688 | 674 | 0.78 | 118 | 0.12 | 0.00 | 0.13 | 2.37 | 0.27 | 33 | 23 | 0 | 5 |
| 0 | 22 | 1.08 | 7 | 210 | 822 | 0.46 | 116 | 0.05 | — | 0.05 | 0.92 | 0.06 | 10 | 1 | 0 | 4 |

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**TABLE H–1**

**Food Composition** (DA+ code is for Wadsworth Diet Analysis program) (For purposes of calculations, use "0" for t, <1, <.1, <.01, etc.)

| DA + Code | Food Description | Quantity | Measure | Wt (g) | $H_2O$ (g) | Ener (kcal) | Prot (g) | Carb (g) | Fiber (g) | Fat (g) | Fat Breakdown (g) Sat | Mono | Poly | *Trans* |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **FAST FOOD** | | | | | | | | | | | | | |
| | **Arby's** | | | | | | | | | | | | | |
| 36094 | Au jus sauce | 1 | serving(s) | 85 | — | 5 | <1 | 1 | <.1 | <.1 | 0.02 | — | — | — |
| 751 | Beef 'n cheddar sandwich | 1 | item(s) | 198 | — | 480 | 23 | 43 | 2 | 24 | 8.00 | — | — | — |
| 9279 | Cheddar curly fries | 1 | serving(s) | 170 | — | 460 | 6 | 54 | 4 | 24 | 6.00 | — | — | — |
| 36131 | Chocolate shake | 1 | serving(s) | 397 | — | 480 | 10 | 84 | 0 | 16 | 8.00 | — | — | — |
| 36045 | Curly fries, large | 1 | serving(s) | 198 | — | 620 | 8 | 78 | 7 | 30 | 7.00 | — | — | — |
| 36044 | Curly fries, medium | 1 | serving(s) | 128 | — | 400 | 5 | 50 | 4 | 20 | 5.00 | — | — | — |
| 9265 | Fish fillet sandwich | 1 | item(s) | 220 | — | 529 | 23 | 50 | 2 | 27 | 7.00 | 9.20 | 10.60 | — |
| 752 | Ham 'n cheese sandwich | 1 | item(s) | 170 | — | 340 | 23 | 35 | 1 | 13 | 4.50 | — | — | — |
| 36048 | Homestyle fries, large | 1 | serving(s) | 213 | — | 560 | 6 | 79 | 6 | 24 | 6.00 | — | — | — |
| 36047 | Homestyle fries, medium | 1 | serving(s) | 142 | — | 370 | 4 | 53 | 4 | 16 | 4.00 | — | — | — |
| 33465 | Homestyle fries, small | 1 | serving(s) | 113 | — | 300 | 3 | 42 | 3 | 13 | 3.50 | — | — | — |
| 9267 | Italian sub sandwich | 1 | item(s) | 312 | — | 780 | 29 | 49 | 3 | 53 | 15.00 | — | — | — |
| 36041 | Market Fresh grilled chicken caesar salad w/o dressing | 1 | serving(s) | 338 | — | 230 | 33 | 8 | 3 | 8 | 3.50 | — | — | — |
| 9291 | Roast beef deluxe sandwich, light | 1 | item(s) | 182 | — | 296 | 18 | 33 | 6 | 10 | 3.00 | 5.00 | 2.00 | — |
| 9251 | Roast beef sandwich, giant | 1 | item(s) | 228 | — | 480 | 32 | 41 | 3 | 23 | 10.00 | — | — | — |
| 9249 | Roast beef sandwich, junior | 1 | item(s) | 129 | — | 310 | 16 | 34 | 2 | 13 | 4.50 | — | — | — |
| 750 | Roast beef sandwich, regular | 1 | item(s) | 157 | — | 350 | 21 | 34 | 2 | 16 | 6.00 | — | — | — |
| 2009 | Roast beef sandwich, super | 1 | item(s) | 245 | — | 470 | 22 | 47 | 3 | 23 | 7.00 | — | — | — |
| 9269 | Roast beef sub sandwich | 1 | item(s) | 334 | — | 760 | 35 | 47 | 3 | 48 | 16.00 | — | — | — |
| 9295 | Roast chicken deluxe sandwich, light | 1 | item(s) | 194 | — | 260 | 23 | 33 | 3 | 5 | 1.00 | — | — | — |
| 9293 | Roast turkey deluxe sandwich, light | 1 | item(s) | 194 | — | 260 | 23 | 33 | 3 | 5 | 0.50 | — | — | — |
| 36132 | Strawberry shake | 1 | serving(s) | 397 | — | 500 | 11 | 87 | 0 | 13 | 8.00 | — | — | — |
| 9273 | Turkey sub sandwich | 1 | item(s) | 306 | — | 630 | 26 | 51 | 2 | 37 | 9.00 | — | — | — |
| 36130 | Vanilla shake | 1 | serving(s) | 397 | — | 470 | 10 | 83 | 0 | 15 | 7.00 | — | — | — |
| | **Auntie Anne's** | | | | | | | | | | | | | |
| 35371 | Cheese dipping sauce | 1 | serving(s) | 35 | — | 100 | 3 | 4 | 0 | 8 | 4.00 | — | — | — |
| 35353 | Cinnamon sugar soft pretzel | 1 | item(s) | 120 | — | 350 | 9 | 74 | 2 | 2 | 0.00 | — | — | — |
| 35354 | Cinnamon sugar soft pretzel w/butter | 1 | item(s) | 120 | — | 450 | 8 | 83 | 3 | 9 | 5.00 | — | — | — |
| 35372 | Marinara dipping sauce | 1 | serving(s) | 35 | — | 10 | 0 | 4 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 35357 | Original soft pretzel | 1 | item(s) | 120 | — | 340 | 10 | 72 | 3 | 1 | 0.00 | — | — | — |
| 35358 | Original soft pretzel w/butter | 1 | item(s) | 120 | — | 370 | 10 | 72 | 3 | 4 | 2.00 | — | — | — |
| 35359 | Parmesan herb soft pretzel | 1 | item(s) | 120 | — | 390 | 11 | 74 | 4 | 5 | 2.50 | — | — | — |
| 35360 | Parmesan herb soft pretzel w/butter | 1 | item(s) | 120 | — | 440 | 10 | 72 | 9 | 13 | 7.00 | — | — | — |
| 35361 | Sesame soft pretzel | 1 | item(s) | 120 | — | 350 | 11 | 63 | 3 | 6 | 1.00 | — | — | — |
| 35362 | Sesame soft pretzel w/butter | 1 | item(s) | 120 | — | 410 | 12 | 64 | 7 | 12 | 4.00 | — | — | — |
| 35364 | Sour cream & onion soft pretzel | 1 | item(s) | 120 | — | 310 | 9 | 66 | 2 | 1 | 0.00 | — | — | — |
| 35366 | Sour cream & onion soft pretzel w/butter | 1 | item(s) | 120 | — | 340 | 9 | 66 | 2 | 5 | 3.00 | — | — | — |
| 35373 | Sweet mustard dipping sauce | 1 | serving(s) | 35 | — | 60 | 1 | 8 | 0 | 2 | 1.00 | — | — | — |
| 35367 | Whole wheat soft pretzel | 1 | item(s) | 120 | — | 350 | 11 | 72 | 7 | 2 | 0.00 | — | — | — |
| 35368 | Whole wheat soft pretzel w/butter | 1 | item(s) | 120 | — | 370 | 11 | 72 | 7 | 5 | 1.50 | — | — | — |
| | **Boston Market** | | | | | | | | | | | | | |
| 34975 | Bbq baked beans | ¾ | cup(s) | 201 | — | 270 | 8 | 48 | 12 | 5 | 2.00 | — | — | — |
| 34976 | Black beans & rice | 1 | cup(s) | 227 | — | 300 | 8 | 45 | 5 | 10 | 1.50 | — | — | — |
| 34978 | Butternut squash | ¾ | cup(s) | 193 | — | 150 | 2 | 25 | 6 | 6 | 4.00 | — | — | — |
| 35006 | Caesar side salad | 1 | serving(s) | 119 | — | 300 | 5 | 13 | 1 | 26 | 4.50 | — | — | — |
| 34979 | Chicken gravy | 1 | ounce(s) | 28 | — | 15 | 0 | 2 | 0 | 1 | 0.00 | — | — | — |
| 34973 | Chicken pot pie | 1 | item(s) | 425 | — | 750 | 26 | 57 | 2 | 46 | 14.00 | — | — | — |
| 35007 | Cole slaw | ¾ | cup(s) | 184 | — | 300 | 2 | 30 | 3 | 19 | 3.00 | — | — | — |
| 35057 | Cornbread | 1 | item(s) | 68 | — | 200 | 3 | 33 | 1 | 6 | 1.50 | — | — | — |
| 35008 | Cranberry walnut relish | ¾ | cup(s) | 210 | — | 350 | 3 | 75 | 3 | 5 | 0.00 | — | — | — |
| 34980 | Creamed spinach | ¾ | cup(s) | 181 | — | 260 | 9 | 11 | 2 | 20 | 13.00 | — | — | — |
| 34981 | Glazed carrots | ¾ | cup(s) | 153 | — | 280 | 1 | 35 | 4 | 15 | 3.00 | — | — | — |
| 34983 | Green bean casserole | ¾ | cup(s) | 170 | — | 80 | 1 | 9 | 2 | 5 | 1.50 | — | — | — |
| 34982 | Green beans | ¾ | cup(s) | 85 | — | 70 | 1 | 6 | 2 | 4 | 0.50 | — | — | — |
| 34967 | Half chicken, w/skin | 1 | item(s) | 277 | — | 590 | 70 | 4 | 0 | 33 | 10.00 | — | — | — |
| 34984 | Homestyle mashed potatoes | ¾ | cup(s) | 173 | — | 210 | 4 | 30 | 2 | 9 | 5.00 | — | — | — |
| 34985 | Homestyle mashed potatoes & gravy | 1 | cup(s) | 201 | — | 230 | 4 | 32 | 3 | 9 | 5.00 | — | — | — |
| 34969 | Honey glazed ham | 5 | ounce(s) | 142 | — | 210 | 24 | 10 | 0 | 8 | 3.00 | — | — | — |
| 34988 | Hot cinnamon apples | ¾ | cup(s) | 181 | — | 250 | 0 | 56 | 3 | 5 | 0.50 | — | — | — |
| 34989 | Macaroni & cheese | ¾ | cup(s) | 192 | — | 280 | 13 | 33 | 1 | 11 | 6.00 | — | — | — |
| 34970 | Meatloaf | 5 | ounce(s) | 142 | — | 282 | 20 | 15 | 1 | 17 | 7.28 | — | — | — |
| 35012 | Old-fashioned potato salad | ¾ | cup(s) | 150 | — | 200 | 3 | 22 | 2 | 12 | 2.00 | — | — | — |

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**PAGE KEY:** H–2 = Breads/Baked Goods H–6 = Cereal/Rice/Pasta H–10 = Fruit H–14 = Vegetables/Legumes H–24 = Nuts/Seeds H–26 = Vegetarian H–28 = Dairy H–34 = Eggs H–34 = Seafood H–36 = Meats H–40 = Poultry H–40 = Processed meats H–42 = Beverages H–46 = Fats/Oils H–48 = Sweets H–50 = Spices/Condiments/Sauces H–52 = Mixed foods/Soups/Sandwiches H–58 = Fast food H–74 = Convenience meals H–76 = Baby foods

| Chol (mg) | Calc (mg) | Iron (mg) | Magn (mg) | Pota (mg) | Sodi (mg) | Zinc (mg) | Vit A (µg) | Thia (mg) | Vit E (mg α) | Ribo (mg) | Niac (mg) | Vit $B_6$ (mg) | Fola (µg) | Vit C (mg) | Vit $B_{12}$ (µg) | Sele (µg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 0 | 0 | 0.00 | — | — | 386 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 90 | 100 | 3.60 | — | — | 1240 | — | 0 | — | — | — | — | — | — | 1 | — | — |
| 5 | 60 | 1.80 | — | — | 1290 | — | 0 | — | — | — | — | — | — | 15 | — | — |
| 45 | 500 | 0.72 | — | — | 370 | — | 38 | — | — | — | — | — | — | 2 | — | — |
| 0 | 0 | 2.70 | — | — | 1540 | — | 0 | — | — | — | — | — | — | 21 | — | — |
| 0 | 0 | 1.80 | — | — | 990 | — | 0 | — | — | — | — | — | — | 15 | — | — |
| 43 | 90 | 3.78 | — | 450 | 864 | — | 10 | 0.35 | — | 0.31 | 5.60 | — | — | 1 | — | — |
| 90 | 150 | 2.70 | — | — | 1450 | — | 20 | — | — | — | — | — | — | 1 | — | — |
| 0 | 0 | 1.80 | — | — | 1070 | — | 0 | — | — | — | — | — | — | 30 | — | — |
| 0 | 0 | 1.08 | — | — | 710 | — | 0 | — | — | — | — | — | — | 21 | — | — |
| 0 | 0 | 0.72 | — | — | 570 | — | 0 | — | — | — | — | — | — | 15 | — | — |
| 120 | 250 | 2.70 | — | — | 2440 | — | — | — | — | — | — | — | — | 2 | — | — |
| 80 | 200 | 1.80 | — | — | 920 | — | — | — | — | — | — | — | — | 42 | — | — |
| 42 | 130 | 4.50 | — | 392 | 826 | — | 40 | 0.27 | — | 0.49 | 8.40 | — | — | 8 | — | — |
| 110 | 60 | 5.40 | — | — | 1440 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 70 | 60 | 2.70 | — | — | 740 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 85 | 60 | 3.60 | — | — | 950 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 85 | 80 | 3.60 | — | — | 1130 | — | 40 | — | — | — | — | — | — | 1 | — | — |
| 130 | 300 | 4.50 | — | — | 2230 | — | 40 | — | — | — | — | — | — | 4 | — | — |
| 40 | 100 | 2.70 | — | — | 1010 | — | — | — | — | — | — | — | — | 2 | — | — |
| 40 | 80 | 1.80 | — | — | 980 | — | — | — | — | — | — | — | — | 1 | — | — |
| 15 | 350 | 0.36 | — | — | 340 | — | 36 | — | — | — | — | — | — | 1 | — | — |
| 100 | 200 | 0.36 | — | — | 2170 | — | — | — | — | — | — | — | — | 2 | — | — |
| 45 | 500 | 1.08 | — | — | 360 | — | 39 | — | — | — | — | — | — | 2 | — | — |
| 10 | 100 | 0.00 | — | — | 510 | — | — | — | — | — | — | — | — | 0 | — | — |
| 0 | 20 | 1.98 | — | — | 410 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 25 | 30 | 2.34 | — | — | 430 | — | — | — | — | — | — | — | — | 0 | — | — |
| 0 | 0 | 0.00 | — | — | 180 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 0 | 30 | 2.34 | — | — | 900 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 10 | 30 | 2.16 | — | — | 930 | — | — | — | — | — | — | — | — | 0 | — | — |
| 10 | 80 | 1.80 | — | — | 780 | — | — | — | — | — | — | — | — | 1 | — | — |
| 30 | 60 | 1.80 | — | — | 660 | — | — | — | — | — | — | — | — | 1 | — | — |
| 0 | 20 | 2.88 | — | — | 840 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 15 | 20 | 2.70 | — | — | 860 | — | — | — | — | — | — | — | — | 0 | — | — |
| 0 | 30 | 1.98 | — | — | 920 | — | — | — | — | — | — | — | — | 0 | — | — |
| 10 | 40 | 2.16 | — | — | 930 | — | — | — | — | — | — | — | — | 0 | — | — |
| 40 | 0 | 0.00 | — | — | 120 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 0 | 30 | 1.98 | — | — | 1100 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 10 | 30 | 2.34 | — | — | 1120 | — | — | — | — | — | — | — | — | 0 | — | — |
| 0 | 100 | 3.60 | — | — | 540 | — | 42 | — | — | — | — | — | — | 6 | — | — |
| 0 | 40 | 1.80 | — | — | 1050 | — | 0 | — | — | — | — | — | — | 4 | — | — |
| 20 | 80 | 1.08 | — | — | 560 | — | 1150 | — | — | — | — | — | — | 30 | — | — |
| 15 | 100 | 0.72 | — | — | 690 | — | — | — | — | — | — | — | — | 9 | — | — |
| 0 | 0 | 0.00 | — | — | 180 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 110 | 40 | 4.50 | — | — | 1530 | — | — | — | — | — | — | — | — | 1 | — | — |
| 20 | 60 | 0.72 | — | — | 540 | — | 108 | — | — | — | — | — | — | 36 | — | — |
| 25 | 0 | 1.08 | — | — | 390 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 0 | 0 | 5.40 | — | — | 0 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 55 | 250 | 2.70 | — | — | 740 | — | — | — | — | — | — | — | — | 9 | — | — |
| 0 | 40 | 1.08 | — | — | 80 | — | 1000 | — | — | — | — | — | — | 1 | — | — |
| 5 | 20 | 0.72 | — | — | 670 | — | — | — | — | — | — | — | — | 2 | — | — |
| 0 | 40 | 0.36 | — | — | 250 | — | 30 | — | — | — | — | — | — | 5 | — | — |
| 290 | 0 | 2.70 | — | — | 1010 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 25 | 40 | 0.36 | — | — | 590 | — | 53 | — | — | — | — | — | — | 15 | — | — |
| 25 | 60 | 0.36 | — | — | 780 | — | — | — | — | — | — | — | — | 15 | — | — |
| 75 | 0 | 1.08 | — | — | 1460 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 0 | 20 | 0.36 | — | — | 45 | — | — | — | — | — | — | — | — | 0 | — | — |
| 30 | 300 | 1.44 | — | — | 890 | — | — | — | — | — | — | — | — | 0 | — | — |
| 68 | 91 | 2.46 | — | — | 592 | — | — | — | — | — | — | — | — | 1 | — | — |
| 15 | 60 | 1.08 | — | — | 450 | — | 0 | — | — | — | — | — | — | 6 | — | — |

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**TABLE H–1**

**Food Composition** (DA+ code is for Wadsworth Diet Analysis program) (For purposes of calculations, use "0" for t, <1, <.1, <.01, etc.)

| DA + Code | Food Description | Quantity | Measure | Wt (g) | $H_2O$ (g) | Ener (kcal) | Prot (g) | Carb (g) | Fiber (g) | Fat (g) | Fat Breakdown (g) Sat | Mono | Poly | *Trans* |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **FAST FOOD**—Continued | | | | | | | | | | | | | |
| 34965 | Quarter chicken, dark meat, no skin | 1 | item(s) | 95 | — | 190 | 22 | 1 | 0 | 10 | 3.00 | — | — | — |
| 34966 | Quarter chicken, dark meat, w/skin | 1 | item(s) | 125 | — | 320 | 30 | 2 | 0 | 21 | 6.00 | — | — | — |
| 34963 | Quarter chicken, white meat, no skin or wing | 1 | item(s) | 140 | — | 170 | 33 | 2 | 0 | 4 | 1.00 | — | — | — |
| 34964 | Quarter chicken, white meat, w/skin & wing | 1 | item(s) | 152 | — | 280 | 40 | 2 | 0 | 12 | 3.50 | — | — | — |
| 34993 | Rice pilaf | 1 | cup(s) | 137 | — | 140 | 2 | 24 | 1 | 4 | 0.50 | — | — | — |
| 34968 | Rotisserie turkey breast, skinless | 5 | ounce(s) | 142 | — | 170 | 36 | 3 | 0 | 1 | 0.00 | — | — | — |
| 34998 | Savory stuffing | 1 | cup(s) | 132 | — | 190 | 4 | 27 | 2 | 8 | 1.50 | — | — | — |
| 34999 | Squash casserole | ¾ | cup(s) | 187 | — | 330 | 7 | 20 | 3 | 24 | 13.00 | — | — | — |
| 35003 | Steamed vegetables | 1 | cup(s) | 102 | — | 30 | 2 | 6 | 2 | 0 | 0.00 | — | — | 0 |
| 35004 | Sweet potato casserole | ¾ | cup(s) | 181 | — | 280 | 3 | 39 | 2 | 13 | 4.50 | — | — | — |
| 35005 | Whole kernel corn | ¾ | cup(s) | 146 | — | 180 | 5 | 30 | 2 | 4 | 0.50 | — | — | — |
| | **Burger King** | | | | | | | | | | | | | |
| 29731 | Biscuit with sausage, egg, & cheese | 1 | item(s) | 189 | — | 650 | 20 | 38 | 1 | 46 | 14.00 | — | — | 1 |
| 3739 | BK Broiler chicken sandwich | 1 | item(s) | 258 | — | 550 | 30 | 52 | 3 | 25 | 5.00 | — | — | — |
| 14249 | Cheeseburger | 1 | item(s) | 133 | — | 360 | 19 | 31 | 2 | 17 | 8.00 | — | — | 0.50 |
| 14251 | Chicken sandwich | 1 | item(s) | 224 | — | 660 | 25 | 53 | 3 | 39 | 8.00 | — | — | 2.20 |
| 3808 | Chicken Tenders, 8 pieces | 1 | serving(s) | 123 | — | 340 | 22 | 20 | 1 | 19 | 5.00 | — | — | 3.50 |
| 14259 | Chocolate shake, small | 1 | item(s) | 333 | — | 620 | 12 | 72 | 2 | 32 | 21.00 | — | — | 0 |
| 29732 | Croissanwich w/sausage & cheese | 1 | item(s) | 107 | — | 420 | 14 | 23 | 1 | 31 | 11.00 | — | — | 2 |
| 14261 | Croissanwich w/sausage, egg, & cheese | 1 | item(s) | 157 | — | 520 | 19 | 24 | 1 | 39 | 14.00 | — | — | 1.93 |
| 3809 | Double cheeseburger | 1 | item(s) | 189 | — | 540 | 32 | 32 | 2 | 31 | 15.00 | — | — | 1.50 |
| 14244 | Double Whopper | 1 | item(s) | 374 | — | 980 | 52 | 52 | 4 | 62 | 22.00 | — | — | 2 |
| 14245 | Double Whopper w/cheese | 1 | item(s) | 399 | — | 1070 | 57 | 53 | 4 | 70 | 27.00 | — | — | 2.50 |
| 14250 | Fish Fillet sandwich | 1 | item(s) | 185 | — | 520 | 18 | 44 | 2 | 30 | 8.00 | — | — | 1.12 |
| 14255 | French fries, medium, salted | 1 | item(s) | 117 | — | 360 | 4 | 46 | 4 | 18 | 5.00 | — | — | 4.50 |
| 14262 | French toast sticks | 1 | serving(s) | 112 | — | 390 | 6 | 46 | 2 | 20 | 4.50 | — | — | 4.50 |
| 14248 | Hamburger | 1 | item(s) | 121 | — | 310 | 17 | 31 | 2 | 13 | 5.00 | — | — | 0.50 |
| 14263 | Hash brown rounds, small | 1 | serving(s) | 75 | — | 230 | 2 | 23 | 2 | 15 | 4.00 | — | — | 5.0 |
| 14256 | Onion rings, medium | 1 | serving(s) | 91 | — | 320 | 4 | 40 | 3 | 16 | 4.00 | — | — | 3.50 |
| 39000 | Tendercrisp chicken sandwich | 1 | item(s) | 310 | — | 810 | 28 | 72 | 6 | 47 | 8.00 | — | — | 4.28 |
| 14258 | Vanilla shake, small | 1 | item(s) | 305 | — | 560 | 11 | 56 | 1 | 32 | 21.00 | — | — | 0 |
| 1736 | Whopper | 1 | item(s) | 291 | — | 710 | 31 | 52 | 4 | 43 | 13.00 | — | — | 1 |
| 14243 | Whopper w/cheese | 1 | item(s) | 316 | — | 800 | 36 | 53 | 4 | 50 | 18.00 | — | — | 2 |
| | **Carl's Jr** | | | | | | | | | | | | | |
| 10801 | Carl's Catch fish sandwich | 1 | item(s) | 201 | — | 530 | 18 | 55 | 2 | 28 | 7.00 | — | 1.89 | — |
| 10862 | Carl's Famous Star hamburger | 1 | item(s) | 254 | — | 590 | 24 | 50 | 3 | 32 | 9.00 | — | — | — |
| 10866 | Charboiled chicken salad-to-go | 1 | item(s) | 350 | — | 200 | 25 | 12 | 4 | 7 | 3.00 | — | 1.02 | — |
| 10855 | Charboiled Sante Fe chicken sandwich | 1 | item(s) | 220 | — | 540 | 28 | 37 | 2 | 31 | 8.00 | — | — | — |
| 10790 | Chicken stars (6 pieces) | 6 | item(s) | 90 | — | 260 | 13 | 14 | 1 | 16 | 4.50 | — | 1.71 | — |
| 34864 | Chocolate shake, small | 1 | item(s) | 595 | — | 530 | 14 | 96 | 0 | 10 | 7.00 | — | — | — |
| 10797 | Crisscut fries | 1 | serving(s) | 139 | — | 410 | 5 | 43 | 4 | 24 | 5.00 | — | — | — |
| 10799 | Double western bacon cheeseburger | 1 | item(s) | 308 | — | 920 | 51 | 65 | 3 | 50 | 21.00 | — | 6.55 | — |
| 34855 | Famous bacon cheeseburger | 1 | item(s) | 279 | — | 700 | 31 | 51 | 3 | 41 | 13.00 | — | — | — |
| 14238 | French fries, small | 1 | serving(s) | 92 | — | 290 | 5 | 37 | 3 | 14 | 3.00 | — | — | — |
| 10798 | French toast dips w/o syrup | 1 | serving(s) | 105 | — | 370 | 6 | 42 | 1 | 20 | 2.50 | — | 1.35 | — |
| 34856 | Hamburger | 1 | item(s) | 119 | — | 280 | 14 | 36 | 1 | 9 | 3.50 | — | — | — |
| 10802 | Onion rings | 1 | serving(s) | 127 | — | 430 | 7 | 53 | 3 | 22 | 5.00 | — | 0.84 | — |
| 38925 | Six Dollar burger | 1 | item(s) | 539 | — | 1000 | 39 | 72 | 6 | 82 | 25.00 | — | — | — |
| 34858 | Spicy chicken sandwich | 1 | item(s) | 198 | — | 480 | 14 | 47 | 2 | 26 | 5.00 | — | — | — |
| 34867 | Strawberry shake, small | 1 | item(s) | 595 | — | 510 | 14 | 91 | 0 | 10 | 7.00 | — | — | — |
| 10865 | Super Star hamburger | 1 | item(s) | 345 | — | 790 | 41 | 51 | 3 | 47 | 15.00 | — | — | — |
| 10818 | Vanilla shake, small | 1 | item(s) | 595 | — | 470 | 15 | 78 | 0 | 11 | 7.00 | — | — | — |
| 10770 | Western bacon cheeseburger | 1 | item(s) | 225 | — | 660 | 31 | 64 | 3 | 30 | 12.00 | — | 4.85 | — |
| | **Chick Fil-A** | | | | | | | | | | | | | |
| 38746 | Biscuit w/bacon, egg, & cheese | 1 | item(s) | 155 | — | 430 | 16 | 38 | 1 | 24 | 9.00 | — | — | 2.85 |
| 38747 | Biscuit w/egg | 1 | item(s) | 135 | — | 340 | 11 | 38 | 1 | 16 | 4.50 | — | — | 3 |
| 38748 | Biscuit w/egg & cheese | 1 | item(s) | 148 | — | 390 | 13 | 38 | 1 | 21 | 7.00 | — | — | 2.98 |
| 38753 | Biscuit w/gravy | 1 | item(s) | 191 | — | 310 | 5 | 44 | 1 | 13 | 3.50 | — | — | 3.98 |
| 38752 | Biscuit w/sausage, egg, & cheese | 1 | item(s) | 189 | — | 540 | 18 | 43 | 1 | 33 | 13.00 | — | — | 2.67 |
| 38741 | Biscuit, plain | 1 | item(s) | 78 | — | 260 | 4 | 38 | 1 | 11 | 2.50 | — | — | 2.97 |
| 38771 | Carrot & raisin salad | 1 | item(s) | 91 | — | 130 | 1 | 22 | 2 | 5 | 1.00 | — | — | 0 |
| 38761 | Chargrilled chicken cool wrap | 1 | item(s) | 245 | — | 380 | 29 | 54 | 3 | 6 | 3.00 | — | — | 0 |
| 38766 | Chargrilled chicken garden salad | 1 | item(s) | 275 | — | 180 | 22 | 9 | 3 | 6 | 3.00 | — | — | 0 |
| 38758 | Chargrilled chicken sandwich | 1 | item(s) | 157 | — | 280 | 26 | 30 | 1 | 7 | 1.50 | — | — | 0 |

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**PAGE KEY:** H–2 = Breads/Baked Goods H–6 = Cereal/Rice/Pasta H–10 = Fruit H–14 = Vegetables/Legumes H–24 = Nuts/Seeds H–26 = Vegetarian H–28 = Dairy H–34 = Eggs H–34 = Seafood H–36 = Meats H–40 = Poultry H–40 = Processed meats H–42 = Beverages H–46 = Fats/Oils H–48 = Sweets H–50 = Spices/Condiments/Sauces H–52 = Mixed foods/Soups/Sandwiches H–58 = Fast food H–74 = Convenience meals H–76 = Baby foods

| Chol (mg) | Calc (mg) | Iron (mg) | Magn (mg) | Pota (mg) | Sodi (mg) | Zinc (mg) | Vit A (µg) | Thia (mg) | Vit E (mg α) | Ribo (mg) | Niac (mg) | Vit $B_6$ (mg) | Fola (µg) | Vit C (mg) | Vit $B_{12}$ (µg) | Sele (µg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 115 | 0 | 1.08 | — | — | 440 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 155 | 0 | 1.80 | — | — | 500 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 85 | 0 | 0.72 | — | — | 480 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 135 | 0 | 1.08 | — | — | 510 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 0 | 20 | 1.08 | — | — | 520 | — | — | — | — | — | — | — | — | 4 | — | — |
| 100 | 20 | 1.80 | — | — | 850 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 5 | 40 | 1.44 | — | — | 620 | — | — | — | — | — | — | — | — | 2 | — | — |
| 70 | 200 | 0.72 | — | — | 1110 | — | — | — | — | — | — | — | — | 5 | — | — |
| 0 | 40 | 0.35 | — | — | 135 | — | 389 | — | — | — | — | — | — | 18 | — | — |
| 10 | 40 | 1.08 | — | — | 190 | — | — | — | — | — | — | — | — | 9 | — | — |
| 0 | 0 | 0.36 | — | — | 170 | — | 20 | — | — | — | — | — | — | 5 | — | — |
| 190 | 150 | 2.70 | — | — | 1600 | — | 90 | — | — | — | — | — | — | 0 | — | — |
| 105 | 60 | 3.60 | — | — | 1110 | — | — | 0.46 | — | 0.23 | 10.50 | — | — | 6 | — | — |
| 50 | 150 | 3.60 | — | — | 790 | — | 63 | 0.25 | — | 0.32 | 4.18 | — | — | 1 | — | — |
| 70 | 80 | 2.70 | — | — | 1330 | — | — | 0.47 | — | 0.30 | 9.59 | — | — | 0 | — | — |
| 50 | 20 | 0.72 | — | — | 840 | — | — | 0.14 | — | 0.12 | 10.93 | — | — | 0 | — | — |
| 95 | 350 | 1.08 | — | — | 310 | — | 42 | 0.11 | — | 0.56 | 0.24 | — | — | 0 | — | — |
| 45 | 100 | 3.60 | — | — | 840 | — | — | — | — | — | — | — | — | 0 | — | — |
| 210 | 300 | 4.50 | — | — | 1090 | — | 140 | 0.36 | — | 0.42 | 4.35 | — | — | 0 | — | — |
| 100 | 250 | 4.50 | — | — | 1050 | — | 100 | 0.26 | — | 0.45 | 6.37 | — | — | 1 | — | — |
| 160 | 150 | 9.00 | — | — | 1070 | — | — | 0.40 | — | 0.60 | 11.08 | — | — | 9 | — | — |
| 185 | 300 | 9.00 | — | — | 1500 | — | — | 0.40 | — | 0.67 | 11.07 | — | — | 9 | — | — |
| 55 | 150 | 2.70 | — | — | 840 | — | 14 | — | — | — | — | — | — | 1 | — | — |
| 0 | 20 | 0.72 | — | — | 640 | — | 0 | 0.16 | — | 0.48 | 2.32 | — | — | 9 | — | — |
| 0 | 60 | 1.80 | — | — | 440 | — | 0 | 0.19 | — | 0.22 | 2.86 | — | — | 0 | — | — |
| 40 | 76 | 3.60 | — | — | 580 | — | 9 | 0.25 | — | 0.29 | 4.26 | — | — | 1 | — | — |
| 0 | 0 | 0.36 | — | — | 450 | — | 0 | 0.11 | — | 0.07 | 2.11 | — | — | 1 | — | — |
| 0 | 97 | 0.00 | — | — | 460 | — | 0 | 0.14 | — | 0.09 | 2.33 | — | — | 0 | — | — |
| 60 | 80 | 4.50 | — | — | 1800 | — | — | — | — | — | — | — | — | 9 | — | — |
| 95 | 300 | 0.36 | — | — | 220 | — | 39 | 0.11 | — | 0.64 | 0.22 | — | — | 0 | — | — |
| 85 | 150 | 6.30 | — | — | 980 | — | 52 | 0.39 | — | 0.44 | 7.33 | — | — | 9 | — | — |
| 110 | 250 | 6.30 | — | — | 1420 | — | 157 | 0.39 | — | 0.51 | 7.31 | — | — | 9 | — | — |
| 80 | 150 | 1.80 | — | — | 1030 | — | 60 | — | — | — | — | — | — | 2 | — | — |
| 70 | 100 | 4.50 | — | — | 910 | — | — | — | — | — | — | — | — | 6 | — | — |
| 75 | 150 | 1.80 | — | — | 440 | — | — | — | — | — | — | — | — | 5 | — | — |
| 95 | 200 | 2.70 | — | — | 1210 | — | — | — | — | — | — | — | — | 6 | — | — |
| 40 | 20 | 1.08 | — | — | 480 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 45 | 600 | 1.08 | — | — | 350 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 0 | 20 | 1.80 | — | — | 950 | — | 0 | — | — | — | — | — | — | 12 | — | — |
| 155 | 300 | 7.20 | — | — | 1770 | — | — | — | — | — | — | — | — | 1 | — | — |
| 95 | 200 | 5.40 | — | — | 1310 | — | 102 | — | — | — | — | — | — | 6 | — | — |
| 0 | 0 | 1.08 | — | — | 180 | — | 0 | — | — | — | — | — | — | 21 | — | — |
| 0 | 40 | 1.08 | — | — | 430 | — | 0 | 0.26 | — | 0.24 | 2.00 | — | — | 0 | — | — |
| 35 | 80 | 2.70 | — | — | 480 | — | 0 | — | — | — | — | — | — | 1 | — | — |
| 0 | 20 | 0.72 | — | — | 700 | — | 0 | — | — | — | — | — | — | 4 | — | — |
| 135 | 350 | 5.40 | — | — | 1690 | — | — | — | — | — | — | — | — | 21 | — | — |
| 40 | 100 | 2.70 | — | — | 1220 | — | — | — | — | — | — | — | — | 6 | — | — |
| 45 | 600 | 0.00 | — | — | 330 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 130 | 100 | 7.20 | — | — | 980 | — | — | — | — | — | — | — | — | 9 | — | — |
| 50 | 600 | 0.00 | — | — | 350 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 85 | 200 | 5.40 | — | — | 1410 | — | 40 | — | — | — | — | — | — | 1 | — | — |
| 265 | 150 | 3.60 | — | — | 1070 | — | — | — | — | — | — | — | — | 0 | — | — |
| 245 | 80 | 2.70 | — | — | 740 | — | — | — | — | — | — | — | — | 0 | — | — |
| 260 | 150 | 2.70 | — | — | 960 | — | — | — | — | — | — | — | — | 0 | — | — |
| 5 | 60 | 1.80 | — | — | 930 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 280 | 150 | 3.60 | — | — | 1030 | — | — | — | — | — | — | — | — | 0 | — | — |
| 0 | 60 | 1.80 | — | — | 670 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 0 | 20 | 0.36 | — | — | 90 | — | — | — | — | — | — | — | — | 4 | — | — |
| 70 | 200 | 2.70 | — | — | 1060 | — | — | — | — | — | — | — | — | 6 | — | — |
| 70 | 150 | 0.72 | — | — | 660 | — | — | — | — | — | — | — | — | 30 | — | — |
| 70 | 80 | 1.80 | — | — | 980 | — | 0 | — | — | — | — | — | — | 2 | — | — |

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**TABLE H–1**

**Food Composition** (DA+ code is for Wadsworth Diet Analysis program) (For purposes of calculations, use "0" for t, <1, <.1, <.01, etc.)

| DA + Code | Food Description | Quantity | Measure | Wt (g) | $H_2O$ (g) | Ener (kcal) | Prot (g) | Carb (g) | Fiber (g) | Fat (g) | Fat Breakdown (g) Sat | Mono | Poly | *Trans* |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **FAST FOOD**—Continued | | | | | | | | | | | | | |
| 38759 | Chargrilled deluxe chicken sandwich | 1 | item(s) | 195 | — | 290 | 27 | 31 | 2 | 7 | 1.50 | — | — | 0 |
| 38742 | Chicken biscuit | 1 | item(s) | 137 | — | 400 | 16 | 43 | 2 | 18 | 4.50 | — | — | 2.83 |
| 38743 | Chicken biscuit w/cheese | 1 | item(s) | 151 | — | 450 | 19 | 43 | 2 | 23 | 7.00 | — | — | 2.85 |
| 38762 | Chicken caesar wrap | 1 | item(s) | 227 | — | 460 | 36 | 52 | 2 | 10 | 6.00 | — | — | 0 |
| 38757 | Chicken deluxe sandwich | 1 | item(s) | 208 | — | 420 | 28 | 39 | 2 | 16 | 3.50 | — | — | 0 |
| 38764 | Chicken salad sandwich | 1 | item(s) | 153 | — | 350 | 20 | 32 | 5 | 15 | 3.00 | — | — | 0 |
| 38756 | Chicken sandwich | 1 | item(s) | 170 | — | 410 | 28 | 38 | 1 | 15 | 3.50 | — | — | 0 |
| 38768 | Chick-n-Strip salad | 1 | item(s) | 331 | — | 390 | 34 | 22 | 4 | 18 | 5.00 | — | — | 0 |
| 38763 | Chick-n-Strips | 4 | item(s) | 127 | — | 290 | 29 | 14 | 1 | 13 | 2.50 | — | — | 0 |
| 38770 | Coleslaw | 1 | item(s) | 105 | — | 210 | 1 | 14 | 2 | 17 | 2.50 | — | — | 0 |
| 38755 | Hash browns | 1 | serving(s) | 84 | — | 170 | 2 | 20 | 2 | 9 | 4.50 | — | — | 1 |
| 38765 | Hearty breast of soup | 1 | cup(s) | 241 | — | 140 | 8 | 18 | 1 | 4 | 1.00 | — | — | 0 |
| 38778 | Icedream, small cone | 1 | item(s) | 135 | — | 160 | 4 | 28 | 0 | 4 | 2.00 | — | — | 0 |
| 38774 | Icedream, small cup | 1 | serving(s) | 213 | — | 230 | 5 | 38 | 0 | 6 | 3.50 | — | — | 0 |
| 38775 | Lemonade | 1 | cup(s) | 255 | — | 170 | 0 | 41 | 0 | 1 | 0.00 | — | — | 0 |
| 38776 | Lemonade, diet | 1 | cup(s) | 255 | — | 25 | 0 | 5 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 38777 | Nuggets | 8 | item(s) | 113 | — | 260 | 26 | 12 | 1 | 12 | 2.50 | — | — | 0 |
| 38769 | Side salad | 1 | item(s) | 108 | — | 60 | 3 | 4 | 2 | 3 | 1.50 | — | — | 0 |
| 38767 | Southwest chargrilled salad | 1 | item(s) | 303 | — | 240 | 22 | 17 | 5 | 8 | 3.50 | — | — | 0 |
| 38772 | Waffle potato fries, small, salted | 1 | serving(s) | 85 | — | 280 | 3 | 37 | 5 | 14 | 5.00 | — | — | 1.50 |
| | **Cinnabon** | | | | | | | | | | | | | |
| 39569 | Caramel Pecanbon | 1 | item(s) | 272 | — | 1100 | 16 | 141 | 8 | 56 | 10.00 | — | — | 5 |
| 39572 | Caramellata Chill w/whipped cream | 16 | fluid ounce(s) | 480 | — | 406 | 10 | 61 | 0 | 14 | 8.00 | — | — | — |
| 39571 | Cinnapoppers | 1 | serving(s) | 74 | — | 368 | 4 | 41 | 2 | 21 | 11.00 | — | — | 1 |
| 39567 | Classic roll | 1 | item(s) | 221 | — | 813 | 15 | 117 | 4 | 32 | 8.00 | — | — | 5 |
| 39568 | Minibon | 1 | item(s) | 92 | — | 339 | 6 | 49 | 2 | 13 | 3.00 | — | — | 2 |
| 39573 | Mochalatta chill w/whipped cream | 16 | fluid ounce(s) | 480 | — | 362 | 9 | 55 | 0 | 13 | 8.00 | — | — | — |
| 39570 | Stix | 5 | item(s) | 85 | — | 379 | 6 | 41 | 1 | 21 | 6.00 | — | — | 4 |
| | **Dairy Queen** | | | | | | | | | | | | | |
| 1466 | Banana split | 1 | item(s) | 369 | — | 510 | 8 | 96 | 3 | 12 | 8.00 | 3.00 | 0.50 | 0 |
| 38552 | Brownie Earthquake | 1 | serving(s) | 304 | — | 740 | 10 | 112 | 0 | 27 | 16.00 | — | — | 3 |
| 38561 | Chocolate chip cookie dough blizzard, small | 1 | item(s) | 319 | — | 720 | 12 | 105 | 0 | 28 | 14.00 | — | — | 2.50 |
| 1464 | Chocolate malt, small | 1 | item(s) | 418 | — | 650 | 15 | 111 | 0 | 16 | 10.00 | — | — | 0.50 |
| 38541 | Chocolate shake, small | 1 | item(s) | 397 | — | 560 | 13 | 93 | 1 | 15 | 10.00 | — | — | 0.50 |
| 17257 | Chocolate soft serve | ½ | cup(s) | 94 | — | 150 | 4 | 22 | 0 | 5 | 3.50 | — | — | 0 |
| 1463 | Chocolate sundae, small | 1 | item(s) | 163 | — | 280 | 5 | 49 | 0 | 7 | 4.50 | 1.00 | 1.00 | 0 |
| 1462 | Dipped cone, small | 1 | item(s) | 156 | — | 340 | 6 | 42 | 1 | 17 | 9.00 | 4.00 | 3.00 | 1 |
| 38555 | Oreo cookies blizzard, small | 1 | item(s) | 283 | — | 570 | 11 | 83 | 1 | 21 | 10.00 | — | — | 2.50 |
| 38547 | Royal Treats Peanut Buster parfait | 1 | item(s) | 305 | — | 730 | 16 | 99 | 2 | 31 | 17.00 | — | — | 0 |
| 17256 | Vanilla soft serve | ½ | cup(s) | 94 | — | 140 | 3 | 22 | 0 | 5 | 3.00 | — | — | 0 |
| | **Domino's** | | | | | | | | | | | | | |
| 31606 | Barbeque wings | 1 | item(s) | 25 | — | 50 | 6 | 2 | <1 | 2 | 0.65 | — | — | — |
| 31604 | Breadsticks | 1 | item(s) | 37 | — | 116 | 3 | 18 | 1 | 4 | 0.79 | — | — | — |
| 37551 | Buffalo chicken kickers | 1 | item(s) | 24 | 14 | 47 | 4 | 3 | <1 | 2 | 0.39 | — | — | — |
| 37548 | Cinnastix | 1 | item(s) | 32 | 8 | 122 | 2 | 15 | 1 | 6 | 1.15 | — | — | — |
| | **Classic hand tossed pizza** | | | | | | | | | | | | | |
| 31573 | America's favorite feast, 12" | 2 | slice(s) | 205 | 99 | 508 | 22 | 57 | 4 | 22 | 9.20 | — | — | — |
| 31574 | America's favorite feast, 14" | 2 | slice(s) | 283 | 138 | 697 | 30 | 79 | 5 | 30 | 12.70 | — | — | — |
| 37543 | Bacon cheeseburger feast, 12" | 2 | slice(s) | 198 | 60 | 549 | 25 | 55 | 3 | 26 | 11.62 | — | — | — |
| 37545 | Bacon cheeseburger feast, 14" | 2 | slice(s) | 275 | 121 | 762 | 35 | 75 | 4 | 36 | 16.10 | — | — | — |
| 37546 | Barbeque feast, 12" | 2 | slice(s) | 192 | 85 | 506 | 22 | 62 | 3 | 20 | 9.08 | — | — | — |
| 37547 | Barbeque feast, 14" | 2 | slice(s) | 262 | 115 | 691 | 30 | 85 | 4 | 27 | 12.24 | — | — | — |
| 31569 | Cheese, 12" | 2 | slice(s) | 159 | — | 375 | 15 | 55 | 3 | 11 | 4.81 | — | — | — |
| 31570 | Cheese, 14" | 2 | slice(s) | 219 | — | 516 | 21 | 75 | 4 | 15 | 6.72 | — | — | — |
| 37538 | Deluxe feast, 12" | 2 | slice(s) | 201 | 102 | 465 | 20 | 57 | 3 | 18 | 7.66 | — | — | — |
| 37540 | Deluxe feast, 14" | 2 | slice(s) | 273 | 138 | 627 | 26 | 78 | 5 | 24 | 10.20 | — | — | — |
| 31685 | Deluxe, 12" | 2 | slice(s) | 213 | — | 465 | 20 | 57 | 3 | 18 | 7.65 | — | — | — |
| 31694 | Deluxe, 14" | 2 | slice(s) | 273 | — | 627 | 26 | 78 | 5 | 24 | 10.20 | — | — | — |
| 31686 | Extravaganzza, 12" | 2 | slice(s) | 245 | 127 | 576 | 27 | 59 | 4 | 27 | 11.56 | — | — | — |
| 31695 | Extravaganzza, 14" | 2 | slice(s) | 329 | 171 | 773 | 36 | 88 | 5 | 36 | 15.42 | — | — | — |
| 31575 | Hawaiian feast, 12" | 2 | slice(s) | 204 | 105 | 450 | 21 | 58 | 3 | 16 | 7.20 | — | — | — |
| 31576 | Hawaiian feast, 14" | 2 | slice(s) | 283 | 147 | 623 | 29 | 80 | 5 | 22 | 10.09 | — | — | — |
| 31687 | Meatzza, 12" | 2 | slice(s) | 213 | — | 560 | 26 | 57 | 3 | 26 | 11.40 | — | — | — |
| 31696 | Meatzza, 14" | 2 | slice(s) | 293 | 139 | 753 | 35 | 78 | 5 | 34 | 15.24 | — | — | — |

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**PAGE KEY:** H–2 = Breads/Baked Goods H–6 = Cereal/Rice/Pasta H–10 = Fruit H–14 = Vegetables/Legumes H–24 = Nuts/Seeds H–26 = Vegetarian H–28 = Dairy H–34 = Eggs H–34 = Seafood H–36 = Meats H–40 = Poultry H–40 = Processed meats H–42 = Beverages H–46 = Fats/Oils H–48 = Sweets H–50 = Spices/Condiments/Sauces H–52 = Mixed foods/Soups/Sandwiches H–58 = Fast food H–74 = Convenience meals H–76 = Baby foods

| Chol (mg) | Calc (mg) | Iron (mg) | Magn (mg) | Pota (mg) | Sodi (mg) | Zinc (mg) | Vit A (µg) | Thia (mg) | Vit E (mg α) | Ribo (mg) | Niac (mg) | Vit $B_6$ (mg) | Fola (µg) | Vit C (mg) | Vit $B_{12}$ (µg) | Sele (µg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 70 | 80 | 1.80 | — | — | 990 | — | — | — | — | — | — | — | — | 5 | — | — |
| 30 | 60 | 2.70 | — | — | 1200 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 45 | 150 | 2.70 | — | — | 1430 | — | — | — | — | — | — | — | — | 0 | — | — |
| 80 | 500 | 2.70 | — | — | 1390 | — | — | — | — | — | — | — | — | 1 | — | — |
| 60 | 100 | 2.70 | — | — | 1300 | — | — | — | — | — | — | — | — | 2 | — | — |
| 65 | 150 | 1.80 | — | — | 880 | — | — | — | — | — | — | — | — | 0 | — | — |
| 60 | 100 | 2.70 | — | — | 1300 | — | — | — | — | — | — | — | — | 0 | — | — |
| 80 | 200 | 0.36 | — | — | 860 | — | — | — | — | — | — | — | — | 30 | — | — |
| 65 | 20 | 0.36 | — | — | 730 | — | — | — | — | — | — | — | — | 1 | — | — |
| 20 | 40 | 0.36 | — | — | 180 | — | — | — | — | — | — | — | — | 27 | — | — |
| 10 | 0 | 0.72 | — | — | 350 | — | — | — | — | — | — | — | — | 0 | — | — |
| 25 | 40 | 1.08 | — | — | 900 | — | — | — | — | — | — | — | — | 0 | — | — |
| 15 | 100 | 0.36 | — | — | 80 | — | — | — | — | — | — | — | — | 0 | — | — |
| 25 | 150 | 0.00 | — | — | 100 | — | — | — | — | — | — | — | — | 0 | — | — |
| 0 | 0 | 0.36 | — | — | 10 | — | 0 | — | — | — | — | — | — | 15 | — | — |
| 0 | 0 | 0.36 | — | — | 5 | — | 0 | — | — | — | — | — | — | 15 | — | — |
| 70 | 40 | 1.08 | — | — | 1090 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 10 | 100 | 0.00 | — | — | 75 | — | — | — | — | — | — | — | — | 15 | — | — |
| 60 | 200 | 1.08 | — | — | 770 | — | — | — | — | — | — | — | — | 24 | — | — |
| 15 | 20 | 0.00 | — | — | 105 | — | 0 | — | — | — | — | — | — | 21 | — | — |
| | | | | | | | | | | | | | | | | |
| 63 | — | — | — | — | 600 | — | — | — | — | — | — | — | — | — | — | — |
| 46 | — | — | — | — | 187 | — | — | — | — | — | — | — | — | — | — | — |
| 62 | — | — | — | — | 104 | — | — | — | — | — | — | — | — | — | — | — |
| 67 | — | — | — | — | 801 | — | — | — | — | — | — | — | — | — | — | — |
| 27 | — | — | — | — | 337 | — | — | — | — | — | — | — | — | — | — | — |
| 46 | 100 | 0.00 | — | — | 252 | — | — | — | — | — | — | — | — | 0 | — | — |
| 16 | — | — | — | — | 413 | — | — | — | — | — | — | — | — | — | — | — |
| | | | | | | | | | | | | | | | | |
| 30 | 250 | 1.80 | — | 860 | 180 | — | — | 0.15 | — | 0.60 | 0.20 | — | — | 15 | — | — |
| 50 | 250 | 1.80 | — | — | 350 | — | — | — | — | — | — | — | — | 0 | — | — |
| | | | | | | | | | | | | | | | | |
| 50 | 350 | 2.70 | — | — | 370 | — | — | — | — | — | — | — | — | 1 | — | — |
| 55 | 450 | 1.80 | — | — | 370 | — | — | — | — | — | — | — | — | 2 | — | — |
| 50 | 450 | 1.44 | — | — | 280 | — | — | 0.12 | — | — | — | — | — | 2 | — | — |
| 15 | 100 | 0.72 | — | — | 75 | — | — | — | — | — | — | — | — | 0 | — | — |
| 20 | 200 | 1.08 | — | 278 | 140 | — | — | 0.06 | — | 0.24 | 0.20 | — | — | 0 | — | — |
| 20 | 200 | 1.08 | — | 290 | 130 | — | — | 0.06 | — | 0.26 | 0.20 | — | — | 1 | — | — |
| 40 | 350 | 2.70 | — | — | 430 | — | — | — | — | — | — | — | — | 1 | — | — |
| 35 | 300 | 1.80 | — | — | 400 | — | — | — | — | — | — | — | — | 1 | — | — |
| 15 | 150 | 0.72 | — | — | 70 | — | 150 | — | — | — | — | — | — | 0 | — | — |
| | | | | | | | | | | | | | | | | |
| 26 | 6 | 0.32 | — | — | 175 | — | — | — | — | — | — | — | — | <.1 | — | — |
| 0 | <.1 | 0.87 | — | — | 152 | — | — | — | — | — | — | — | — | 6 | — | — |
| 9 | 3 | 0.00 | — | — | 163 | — | — | — | — | — | — | — | — | 0 | — | — |
| 0 | 6 | 0.70 | — | — | 110 | — | — | — | — | — | — | — | — | <.1 | — | — |
| | | | | | | | | | | | | | | | | |
| 49 | 202 | 3.70 | — | — | 1221 | — | — | — | — | — | — | — | — | 1 | — | — |
| 68 | 281 | 5.10 | — | — | 1685 | — | — | — | — | — | — | — | — | 1 | — | — |
| 60 | 293 | 3.56 | — | — | 1274 | — | — | — | — | — | — | — | — | 0 | — | — |
| 84 | 395 | 4.96 | — | — | 1809 | — | — | — | — | — | — | — | — | 0 | — | — |
| 46 | — | — | — | — | 1206 | — | — | — | — | — | — | — | — | — | — | — |
| 63 | 393 | 4.42 | — | — | 1672 | — | — | — | — | — | — | — | — | 2 | — | — |
| 23 | 187 | 2.99 | — | — | 776 | — | 131 | — | — | — | — | — | — | 0 | — | — |
| 32 | 261 | 4.13 | — | — | 1080 | — | 184 | — | — | — | — | — | — | 0 | — | — |
| 40 | 199 | 3.56 | — | — | 1063 | — | — | — | — | — | — | — | — | 1 | — | — |
| 53 | 276 | 4.84 | — | — | 1432 | — | — | — | — | — | — | — | — | 2 | — | — |
| 40 | 199 | 3.56 | — | — | 1063 | — | — | — | — | — | — | — | — | 1 | — | — |
| 53 | 276 | 4.85 | — | — | 1432 | — | — | — | — | — | — | — | — | 2 | — | — |
| 60 | 290 | 4.08 | — | — | 1348 | — | — | — | — | — | — | — | — | 1 | — | — |
| 89 | 403 | 5.48 | — | — | 1780 | — | — | — | — | — | — | — | — | 2 | — | — |
| 41 | 274 | 3.30 | — | — | 1102 | — | — | — | — | — | — | — | — | 2 | — | — |
| 57 | 384 | 4.57 | — | — | 1544 | — | — | — | — | — | — | — | — | 3 | — | — |
| 344 | 282 | 3.71 | — | — | 1463 | — | — | — | — | — | — | — | — | <1 | — | — |
| 85 | 393 | 5.04 | — | — | 1947 | — | — | — | — | — | — | — | — | <1 | — | — |

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**TABLE H–1**

**Food Composition** (DA+ code is for Wadsworth Diet Analysis program) (For purposes of calculations, use "0" for t, <1, <.1, <.01, etc.)

| DA + Code | Food Description | Quantity | Measure | Wt (g) | $H_2O$ (g) | Ener (kcal) | Prot (g) | Carb (g) | Fiber (g) | Fat (g) | Fat Breakdown (g) Sat | Mono | Poly | *Trans* |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **FAST FOOD**—Continued | | | | | | | | | | | | | |
| 31571 | Pepperoni feast, extra pepperoni & cheese, 12" | 2 | slice(s) | 196 | 87 | 534 | 24 | 56 | 3 | 25 | 10.92 | — | — | — |
| 31572 | Pepperoni feast, extra pepperoni & cheese, 14" | 2 | slice(s) | 270 | 121 | 732 | 33 | 77 | 4 | 34 | 15.00 | — | — | — |
| 31577 | Vegi feast, 12" | 2 | slice(s) | 203 | 107 | 439 | 19 | 57 | 4 | 16 | 7.09 | — | — | — |
| 31578 | Vegi feast, 14" | 2 | slice(s) | 278 | 147 | 304 | 27 | 78 | 5 | 22 | 9.89 | — | — | — |
| 37549 | Dot cinnamon | 1 | item(s) | 28 | 8 | 99 | 2 | 15 | 1 | 4 | 0.68 | — | — | — |
| 31605 | Double cheesy bread | 1 | item(s) | 35 | 11 | 123 | 4 | 13 | 1 | 6 | 2.06 | — | — | — |
| 31607 | Hot wings | 1 | item(s) | 25 | — | 45 | 5 | 1 | <1 | 2 | 0.65 | — | — | — |
| | **Thin crust pizza** | | | | | | | | | | | | | |
| 31583 | America's favorite, 12" | ¼ | item(s) | 159 | — | 408 | 19 | 34 | 2 | 23 | 9.77 | — | — | — |
| 31584 | America's favorite, 14" | ¼ | item(s) | 202 | — | 557 | 26 | 47 | 3 | 31 | 13.19 | — | — | — |
| 31579 | Cheese, 12" | ¼ | item(s) | 106 | — | 273 | 12 | 31 | 2 | 12 | 9.37 | — | — | — |
| 31580 | Cheese, 14" | ¼ | item(s) | 148 | — | 382 | 17 | 43 | 2 | 17 | 6.72 | — | — | — |
| 31688 | Deluxe, 12" | ¼ | item(s) | 159 | — | 363 | 16 | 34 | 2 | 19 | 7.64 | — | — | — |
| 31697 | Deluxe, 14" | ¼ | item(s) | 202 | — | 494 | 22 | 47 | 3 | 25 | 10.20 | — | — | — |
| 31689 | Extravaganzza, 12" | ¼ | item(s) | 159 | — | 425 | 20 | 34 | 3 | 24 | 9.41 | — | — | — |
| 31698 | Extravaganzza, 14" | ¼ | item(s) | 202 | — | 571 | 27 | 48 | 4 | 31 | 12.44 | — | — | — |
| 31585 | Hawaiian, 12" | ¼ | item(s) | 159 | — | 349 | 18 | 35 | 2 | 16 | 7.20 | — | — | — |
| 31586 | Hawaiian, 14" | ¼ | item(s) | 202 | — | 489 | 25 | 48 | 3 | 23 | 10.09 | — | — | — |
| 31690 | Meatzza, 12" | ¼ | item(s) | 159 | — | 458 | 23 | 33 | 2 | 27 | 11.39 | — | — | — |
| 31699 | Meatzza, 14" | ¼ | item(s) | 202 | — | 619 | 31 | 46 | 3 | 36 | 15.24 | — | — | — |
| 31581 | Pepperoni, extra pepperoni & cheese 12" | ¼ | item(s) | 159 | — | 420 | 20 | 32 | 2 | 24 | 10.46 | — | — | — |
| 31582 | Pepperoni, extra pepperoni & cheese 14" | ¼ | item(s) | 202 | — | 586 | 28 | 45 | 3 | 34 | 14.55 | — | — | — |
| 31587 | Vegi, 12" | ¼ | item(s) | 159 | — | 338 | 16 | 34 | 3 | 17 | 7.08 | — | — | — |
| 31588 | Vegi, 14" | ¼ | item(s) | 202 | — | 471 | 22 | 47 | 3 | 23 | 9.89 | — | — | — |
| | **Ultimate deep dish pizza** | | | | | | | | | | | | | |
| 31596 | America's favorite, 12" | 2 | slice(s) | 235 | — | 617 | 26 | 59 | 4 | 33 | 12.88 | — | — | — |
| 31702 | America's favorite, 14" | 2 | slice(s) | 311 | — | 851 | 36 | 84 | 5 | 44 | 17.35 | — | — | — |
| 31590 | Cheese, 12" | 2 | slice(s) | 181 | — | 482 | 19 | 56 | 3 | 22 | 7.91 | — | — | — |
| 31591 | Cheese, 14" | 2 | slice(s) | 257 | — | 677 | 26 | 80 | 5 | 30 | 10.88 | — | — | — |
| 31589 | Cheese, 6" | 1 | item(s) | 215 | — | 598 | 23 | 68 | 4 | 28 | 9.94 | — | — | — |
| 31691 | Deluxe, 12" | 2 | slice(s) | 235 | — | 527 | 23 | 59 | 4 | 29 | 10.75 | — | — | — |
| 31700 | Deluxe, 14" | 2 | slice(s) | 311 | — | 788 | 31 | 84 | 5 | 38 | 14.36 | — | — | — |
| 31692 | Extravaganzza, 12" | 2 | slice(s) | 235 | — | 635 | 27 | 59 | 4 | 34 | 12.52 | — | — | — |
| 31701 | Extravaganzza, 14" | 2 | slice(s) | 311 | — | 866 | 36 | 85 | 6 | 45 | 16.60 | — | — | — |
| 31599 | Hawaiian, 12" | 2 | slice(s) | 235 | — | 558 | 24 | 60 | 4 | 26 | 10.31 | — | — | — |
| 31600 | Hawaiian, 14" | 2 | slice(s) | 311 | — | 784 | 35 | 85 | 5 | 36 | 14.25 | — | — | — |
| 31693 | Meatzza, 12" | 2 | slice(s) | 235 | — | 667 | 30 | 58 | 4 | 37 | 14.50 | — | — | — |
| 31703 | Meatzza, 14" | 2 | slice(s) | 311 | — | 914 | 40 | 83 | 5 | 49 | 19.40 | — | — | — |
| 31593 | Pepperoni, extra pepperoni & cheese 12" | 2 | slice(s) | 235 | — | 629 | 26 | 57 | 4 | 34 | 13.57 | — | — | — |
| 31594 | Pepperoni, extra pepperoni & cheese 14" | 2 | slice(s) | 311 | — | 880 | 37 | 82 | 5 | 47 | 18.71 | — | — | — |
| 31602 | Vegi, 12" | 2 | slice(s) | 235 | — | 547 | 22 | 59 | 4 | 26 | 10.19 | — | — | — |
| 31603 | Vegi, 14" | 2 | slice(s) | 311 | — | 765 | 32 | 84 | 6 | 36 | 14.05 | — | — | — |
| 31598 | With ham & pineapple tidbits, 6" | 1 | item(s) | 430 | — | 619 | 25 | 70 | 4 | 28 | 10.19 | — | — | — |
| 31595 | With Italian sausage, 6" | 1 | item(s) | 430 | — | 642 | 25 | 70 | 4 | 31 | 11.33 | — | — | — |
| 31592 | With pepperoni, 6" | 1 | item(s) | 430 | — | 647 | 25 | 69 | 4 | 32 | 11.70 | — | — | — |
| 31601 | With vegetables, 6" | 1 | item(s) | 430 | — | 619 | 23 | 71 | 5 | 29 | 10.11 | — | — | — |
| | **In-n-Out Burger** | | | | | | | | | | | | | |
| 34374 | Cheeseburger | 1 | item(s) | 268 | — | 480 | 22 | 39 | 3 | 27 | 10.00 | — | — | — |
| 34391 | Cheesburger w/mustard & ketchup | 1 | item(s) | 268 | — | 400 | 22 | 41 | 3 | 18 | 9.00 | — | — | — |
| 34390 | Cheeseburger, lettuce leaves instead of buns | 1 | item(s) | 300 | — | 330 | 18 | 11 | 2 | 25 | 9.00 | — | — | — |
| 34377 | Chocolate shake | 1 | item(s) | 425 | — | 690 | 9 | 83 | 0 | 36 | 24.00 | — | — | — |
| 34375 | Double-Double cheeseburger | 1 | item(s) | 328 | — | 670 | 37 | 40 | 3 | 41 | 18.00 | — | — | — |
| 34393 | Double-Double cheeseburger w/mustard & ketchup | 1 | item(s) | 328 | — | 590 | 37 | 42 | 3 | 32 | 17.00 | — | — | — |
| 34392 | Double-Double cheeseburger, lettuce leaves instead of buns | 1 | item(s) | 361 | — | 520 | 33 | 11 | 2 | 39 | 17.00 | — | — | — |
| 34376 | French fries | 1 | item(s) | 125 | — | 400 | 7 | 54 | 2 | 18 | 5.00 | — | — | — |
| 34373 | Hamburger | 1 | item(s) | 243 | — | 390 | 16 | 39 | 3 | 19 | 5.00 | — | — | — |
| 34389 | Hamburger w/mustard & ketchup | 1 | item(s) | 243 | — | 310 | 16 | 41 | 3 | 10 | 4.00 | — | — | — |
| 34388 | Hamburger, lettuce leaves instead of buns | 1 | item(s) | 275 | — | 240 | 12 | 10 | 2 | 17 | 4.50 | — | — | — |

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**PAGE KEY:** H–2 = Breads/Baked Goods H–6 = Cereal/Rice/Pasta H–10 = Fruit H–14 = Vegetables/Legumes H–24 = Nuts/Seeds H–26 = Vegetarian H–28 = Dairy H–34 = Eggs H–34 = Seafood H–36 = Meats H–40 = Poultry H–40 = Processed meats H–42 = Beverages H–46 = Fats/Oils H–48 = Sweets H–50 = Spices/Condiments/Sauces H–52 = Mixed foods/Soups/Sandwiches H–58 = Fast food H–74 = Convenience meals H–76 = Baby foods

| Chol (mg) | Calc (mg) | Iron (mg) | Magn (mg) | Pota (mg) | Sodi (mg) | Zinc (mg) | Vit A (µg) | Thia (mg) | Vit E (mg α) | Ribo (mg) | Niac (mg) | Vit $B_6$ (mg) | Fola (µg) | Vit C (mg) | Vit $B_{12}$ (µg) | Sele (µg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 57 | 279 | 3.36 | — | — | 1349 | — | 155 | — | — | — | — | — | — | <1 | — | — |
| 78 | 390 | 4.66 | — | — | 1855 | — | 233 | — | — | — | — | — | — | <1 | — | — |
| 34 | 279 | 3.44 | — | — | 987 | — | — | — | — | — | — | — | — | 1 | — | — |
| 47 | 389 | 4.71 | — | — | 1369 | — | — | — | — | — | — | — | — | 2 | — | — |
| 0 | 6 | 0.59 | — | — | 86 | — | — | — | — | — | — | — | — | <.1 | — | — |
| 6 | 47 | 0.66 | — | — | 164 | — | — | — | — | — | — | — | — | <1 | — | — |
| 26 | 5 | 0.30 | — | — | 354 | — | — | — | — | — | — | — | — | 1 | — | — |
| 51 | 318 | 1.52 | — | — | 1285 | — | — | — | — | — | — | — | — | <1 | — | — |
| 69 | 444 | 2.07 | — | — | 1751 | — | — | — | — | — | — | — | — | 1 | — | — |
| 23 | 225 | 0.97 | — | — | 835 | — | 125 | — | — | — | — | — | — | 0 | — | — |
| 32 | 315 | 1.36 | — | — | 1172 | — | 175 | — | — | — | — | — | — | 0 | — | — |
| 40 | 237 | 1.54 | — | — | 1123 | — | — | — | — | — | — | — | — | 1 | — | — |
| 53 | 330 | 2.08 | — | — | 1523 | — | — | — | — | — | — | — | — | 2 | — | — |
| 53 | 245 | 1.95 | — | — | 1408 | — | — | — | — | — | — | — | — | 1 | — | — |
| 69 | 340 | 2.59 | — | — | 1871 | — | — | — | — | — | — | — | — | 2 | — | — |
| 41 | 312 | 1.28 | — | — | 1162 | — | — | — | — | — | — | — | — | 2 | — | — |
| 57 | 437 | 1.80 | — | — | 1635 | — | — | — | — | — | — | — | — | 3 | — | — |
| 64 | 320 | 1.69 | — | — | 1523 | — | — | — | — | — | — | — | — | <1 | — | — |
| 454 | 446 | 2.27 | — | — | 2039 | — | — | — | — | — | — | — | — | <1 | — | — |
| 54 | 316 | 1.34 | — | — | 1362 | — | 162 | — | — | — | — | — | — | <1 | — | — |
| 76 | 442 | 1.87 | — | — | 1900 | — | 227 | — | — | — | — | — | — | <1 | — | — |
| 34 | 317 | 1.42 | — | — | 1047 | — | — | — | — | — | — | — | — | 1 | — | — |
| 47 | 442 | 1.94 | — | — | 1460 | — | — | — | — | — | — | — | — | 2 | — | — |
| 58 | 334 | 4.43 | — | — | 1573 | — | — | — | — | — | — | — | — | 1 | — | — |
| 78 | 464 | 6.24 | — | — | 2155 | — | — | — | — | — | — | — | — | 1 | — | — |
| 30 | 241 | 3.88 | — | — | 1123 | — | 151 | — | — | — | — | — | — | <1 | — | — |
| 41 | 335 | 5.53 | — | — | 1575 | — | 210 | — | — | — | — | — | — | 1 | — | — |
| 36 | 295 | 4.67 | — | — | 1341 | — | 174 | — | — | — | — | — | — | 1 | — | — |
| 47 | 253 | 4.45 | — | — | 1410 | — | — | — | — | — | — | — | — | 2 | — | — |
| 62 | 349 | 6.25 | — | — | 1927 | — | — | — | — | — | — | — | — | 2 | — | — |
| 60 | 261 | 4.86 | — | — | 1696 | — | — | — | — | — | — | — | — | 2 | — | — |
| 78 | 359 | 6.76 | — | — | 2275 | — | — | — | — | — | — | — | — | 2 | — | — |
| 48 | 328 | 4.19 | — | — | 1449 | — | — | — | — | — | — | — | — | 2 | — | — |
| 67 | 457 | 5.97 | — | — | 2039 | — | — | — | — | — | — | — | — | 3 | — | — |
| 379 | 336 | 4.60 | — | — | 1810 | — | — | — | — | — | — | — | — | 1 | — | — |
| 501 | 466 | 6.44 | — | — | 2443 | — | — | — | — | — | — | — | — | 1 | — | — |
| 61 | 332 | 4.25 | — | — | 1650 | — | 187 | — | — | — | — | — | — | 1 | — | — |
| 85 | 462 | 6.04 | — | — | 2304 | — | 260 | — | — | — | — | — | — | 1 | — | — |
| 41 | 333 | 4.33 | — | — | 1334 | — | — | — | — | — | — | — | — | 2 | — | — |
| 57 | 462 | 6.11 | — | — | 1864 | — | — | — | — | — | — | — | — | 2 | — | — |
| 43 | 298 | 4.84 | — | — | 1498 | — | — | — | — | — | — | — | — | 1 | — | — |
| 45 | 302 | 4.89 | — | — | 1478 | — | — | — | — | — | — | — | — | 1 | — | — |
| 47 | 299 | 4.81 | — | — | 1524 | — | 168 | — | — | — | — | — | — | 1 | — | — |
| 36 | 307 | 5.10 | — | — | 1472 | — | — | — | — | — | — | — | — | 5 | — | — |
| 60 | 200 | 3.60 | — | — | 1000 | — | 188 | — | — | — | — | — | — | 15 | — | — |
| 55 | 200 | 3.60 | — | — | 1080 | — | 182 | — | — | — | — | — | — | 15 | — | — |
| 60 | 200 | 1.08 | — | — | 720 | — | — | — | — | — | — | — | — | 18 | — | — |
| 95 | 300 | 0.72 | — | — | 350 | — | 143 | — | — | — | — | — | — | 0 | — | — |
| 120 | 350 | 5.40 | — | — | 1430 | — | 184 | — | — | — | — | — | — | 15 | — | — |
| 115 | 350 | 5.40 | — | — | 1510 | — | 229 | — | — | — | — | — | — | 15 | — | — |
| 120 | 350 | 1.08 | — | — | 1160 | — | 275 | — | — | — | — | — | — | 18 | — | — |
| 0 | 20 | 1.80 | — | — | 245 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 40 | 40 | 3.60 | — | — | 640 | — | 50 | — | — | — | — | — | — | 15 | — | — |
| 35 | 40 | 3.60 | — | — | 720 | — | 75 | — | — | — | — | — | — | 15 | — | — |
| 40 | 40 | 1.08 | — | — | 370 | — | — | — | — | — | — | — | — | 18 | — | — |

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**TABLE H–1**

**Food Composition** (DA+ code is for Wadsworth Diet Analysis program) (For purposes of calculations, use "0" for t, <1, <.1, <.01, etc.)

| DA + Code | Food Description | Quantity | Measure | Wt (g) | $H_2O$ (g) | Ener (kcal) | Prot (g) | Carb (g) | Fiber (g) | Fat (g) | Fat Breakdown (g) Sat | Mono | Poly | *Trans* |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **FAST FOOD**—Continued | | | | | | | | | | | | | |
| 34379 | Strawberry shake | 1 | item(s) | 425 | — | 690 | 8 | 91 | 2 | 33 | 22.00 | — | — | — |
| 34378 | Vanilla shake | 1 | item(s) | 425 | — | 680 | 9 | 78 | 2 | 37 | 25.00 | — | — | — |
| | **Jack in the Box** | | | | | | | | | | | | | |
| 30392 | Bacon ultimate cheeseburger | 1 | item(s) | 353 | — | 1120 | 52 | 59 | 2 | 55 | 28.00 | — | — | 3.13 |
| 1740 | Breakfast Jack | 1 | item(s) | 133 | — | 310 | 14 | 34 | 1 | 14 | 5.00 | — | — | 0 |
| 14074 | Cheeseburger | 1 | item(s) | 116 | — | 300 | 14 | 31 | 2 | 13 | 6.00 | — | — | 0.89 |
| 14106 | Chicken breast pieces | 5 | piece(s) | 150 | — | 360 | 27 | 24 | 1 | 17 | 3.00 | — | — | 4.48 |
| 37241 | Chicken club salad | 1 | item(s) | 535 | — | 310 | 28 | 15 | 5 | 16 | 6.00 | — | — | 0 |
| 14111 | Chocolate ice cream shake | 1 | item(s) | 315 | — | 660 | 11 | 89 | 1 | 29 | 18.00 | — | — | 1 |
| 14075 | Double cheeseburger | 1 | item(s) | 155 | — | 410 | 20 | 32 | 1 | 22 | 11.00 | — | — | — |
| 14098 | French fries, jumbo | 1 | serving(s) | 142 | — | 410 | 4 | 55 | 4 | 20 | 4.50 | — | — | 5.34 |
| 14099 | French fries, super scoop | 1 | serving(s) | 198 | — | 580 | 6 | 77 | 6 | 28 | 6.00 | — | — | 7.07 |
| 14073 | Hamburger | 1 | item(s) | 104 | — | 250 | 12 | 30 | 2 | 9 | 3.50 | — | — | 0.88 |
| 14090 | Hash browns | 1 | serving(s) | 57 | — | 150 | 1 | 13 | 2 | 10 | 2.50 | — | — | 3 |
| 14072 | Jack's Spicy Chicken sandwich | 1 | item(s) | 253 | — | 580 | 24 | 53 | 3 | 31 | 6.00 | — | — | 2.81 |
| 1468 | Jumbo Jack hamburger | 1 | item(s) | 269 | — | 600 | 22 | 58 | 3 | 31 | 11.00 | — | — | 1.55 |
| 1469 | Jumbo Jack hamburger w/cheese | 1 | item(s) | 294 | — | 690 | 26 | 60 | 3 | 38 | 16.00 | — | — | 1.55 |
| 1470 | Onion rings | 1 | serving(s) | 119 | — | 500 | 6 | 51 | 3 | 30 | 5.00 | — | — | 10 |
| 33141 | Sausage, egg, & cheese biscuit | 1 | item(s) | 223 | — | 760 | 25 | 33 | 2 | 60 | 20.00 | — | — | 5.72 |
| 14095 | Seasoned curly fries | 1 | serving(s) | 125 | — | 400 | 6 | 45 | 5 | 23 | 5.00 | — | — | 7 |
| 14077 | Sourdough Jack | 1 | item(s) | 244 | — | 700 | 30 | 36 | 3 | 49 | 16.00 | — | — | 2.98 |
| 37249 | Southwest chicken salad | 1 | serving(s) | 598 | — | 340 | 28 | 31 | 9 | 13 | 6.00 | — | — | 0 |
| 14112 | Strawberry ice cream shake | 1 | item(s) | 313 | — | 640 | 10 | 84 | 0 | 28 | 18.00 | — | — | 1 |
| 14078 | Ultimate cheeseburger | 1 | item(s) | 328 | — | 990 | 41 | 59 | 2 | 66 | 28.00 | — | — | 3.05 |
| 14110 | Vanilla ice cream shake | 1 | item(s) | 285 | — | 570 | 12 | 65 | 0 | 29 | 18.00 | — | — | 1 |
| | **Jamba Juice** | | | | | | | | | | | | | |
| 31646 | Banana berry smoothie | 24 | fluid ounce(s) | 719 | — | 470 | 5 | 112 | 5 | 2 | 0.50 | — | — | — |
| 31647 | Caribbean passion smoothie | 24 | fluid ounce(s) | 730 | — | 440 | 4 | 102 | 4 | 2 | 1.00 | — | — | — |
| 38422 | Carrot juice | 16 | fluid ounce(s) | 472 | — | 100 | 3 | 23 | 0 | 1 | 0.00 | — | — | — |
| 31648 | Chocolate mood smoothie | 24 | fluid ounce(s) | 612 | — | 690 | 16 | 142 | 2 | 8 | 4.50 | — | — | — |
| 31649 | Citrus squeeze smoothie | 24 | fluid ounce(s) | 729 | — | 450 | 4 | 105 | 5 | 2 | 1.00 | — | — | — |
| 31650 | Coffee mood smoothie | 24 | fluid ounce(s) | 560 | — | 596 | 13 | 121 | 1 | 6 | 4.00 | — | — | — |
| 31651 | Coldbuster smoothie | 24 | fluid ounce(s) | 724 | — | 430 | 5 | 100 | 5 | 3 | 1.00 | — | — | — |
| 31652 | Cranberry craze smoothie | 24 | fluid ounce(s) | 731 | — | 420 | 6 | 97 | 4 | 2 | 1.00 | — | — | — |
| 31654 | Jamba powerboost smoothie | 24 | fluid ounce(s) | 730 | — | 440 | 6 | 103 | 7 | 2 | 0.00 | — | — | — |
| 38423 | Lemonade | 16 | fluid ounce(s) | 483 | — | 300 | 1 | 75 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 31656 | Lime sublime smoothie | 24 | fluid ounce(s) | 721 | — | 450 | 3 | 104 | 6 | 2 | 1.00 | — | — | — |
| 31657 | Mango-a-go-go smoothie | 24 | fluid ounce(s) | 739 | — | 500 | 4 | 117 | 4 | 2 | 1.00 | — | — | — |
| 38424 | Orange juice, freshly squeezed | 16 | fluid ounce(s) | 496 | — | 220 | 3 | 52 | 1 | 1 | 0.00 | — | — | — |
| 38426 | Orange/carrot juice | 16 | fluid ounce(s) | 484 | — | 160 | 3 | 37 | 0 | 1 | 0.00 | — | — | — |
| 31660 | Orange-a-peel smoothie | 24 | fluid ounce(s) | 726 | — | 440 | 9 | 102 | 5 | 1 | 0.00 | — | — | — |
| 31665 | Protein berry pizzaz smoothie | 24 | fluid ounce(s) | 710 | — | 440 | 20 | 92 | 6 | 2 | 0.00 | — | — | — |
| 31667 | Raspberry refresher smoothie | 24 | fluid ounce(s) | 636 | — | 442 | 3 | 101 | 8 | 3 | 0.90 | — | — | — |
| 31668 | Razzmatazz smoothie | 24 | fluid ounce(s) | 730 | — | 480 | 3 | 112 | 4 | 2 | 1.00 | — | — | — |
| 31669 | Strawberries wild smoothie | 24 | fluid ounce(s) | 725 | — | 450 | 6 | 105 | 4 | 0 | 0.00 | — | — | — |
| 38421 | Strawberry tsunami smoothie | 24 | fluid ounce(s) | 740 | — | 530 | 4 | 128 | 4 | 2 | 1.00 | — | — | — |
| 38427 | Vibrant C juice | 16 | fluid ounce(s) | 448 | — | 210 | 2 | 50 | 1 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 38428 | Wheatgrass juice, freshly squeezed | 1 | ounce(s) | 32 | — | 5 | 1 | 1 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| | **Kentucky Fried Chicken (KFC)** | | | | | | | | | | | | | |
| 31850 | BBQ baked beans | 1 | serving(s) | 156 | — | 190 | 6 | 33 | 6 | 3 | 1.00 | — | — | 0.29 |
| 31853 | Biscuit | 1 | item(s) | 56 | — | 180 | 4 | 20 | 1 | 10 | 2.50 | — | — | 3.44 |
| 31851 | Coleslaw | 1 | serving(s) | 142 | — | 232 | 2 | 26 | 3 | 14 | 2.00 | — | — | 0.27 |
| 31842 | Colonel's Crispy Strips | 3 | item(s) | 150 | — | 340 | 28 | 20 | 0 | 16 | 4.50 | — | — | 4.47 |
| 31849 | Corn on the cob | 1 | item(s) | 162 | — | 150 | 5 | 35 | 2 | 2 | 0.00 | — | — | 0 |
| 3761 | Extra Crispy chicken, breast | 1 | item(s) | 162 | — | 470 | 34 | 19 | 0 | 28 | 8.00 | — | — | 4.50 |
| 3762 | Extra Crispy chicken, drumstick | 1 | item(s) | 60 | — | 160 | 12 | 5 | 0 | 10 | 2.50 | — | — | 1.50 |
| 3763 | Extra Crispy chicken, thigh | 1 | item(s) | 114 | — | 370 | 21 | 12 | 0 | 26 | 7.00 | — | — | 3 |
| 3764 | Extra Crispy chicken, whole wing | 1 | item(s) | 52 | — | 190 | 10 | 10 | 0 | 12 | 3.50 | — | — | 2 |
| 31833 | Honey BBQ wing pieces | 6 | item(s) | 189 | — | 607 | 33 | 33 | 1 | 38 | 10.00 | — | — | 5.42 |
| 10810 | Hot & spicy chicken, breast | 1 | item(s) | 179 | — | 450 | 33 | 20 | 0 | 27 | 8.00 | — | — | 0 |
| 10813 | Hot & spicy chicken, drumstick | 1 | item(s) | 60 | — | 140 | 13 | 4 | 0 | 9 | 2.50 | — | — | 0 |
| 10811 | Hot & spicy chicken, thigh | 1 | item(s) | 128 | — | 390 | 22 | 14 | 0 | 28 | 8.00 | — | — | 0 |
| 10812 | Hot & spicy chicken, whole wing | 1 | item(s) | 55 | — | 180 | 11 | 9 | 0 | 11 | 3.00 | — | — | 0 |
| 10859 | Hot wings pieces | 6 | piece(s) | 135 | — | 471 | 27 | 18 | 2 | 33 | 8.00 | — | — | 4.03 |
| 31848 | Macaroni & cheese | 1 | serving(s) | 153 | — | 180 | 7 | 21 | 2 | 8 | 3.00 | — | — | 2.81 |

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**PAGE KEY:** H–2 = Breads/Baked Goods H–6 = Cereal/Rice/Pasta H–10 = Fruit H–14 = Vegetables/Legumes H–24 = Nuts/Seeds H–26 = Vegetarian H–28 = Dairy H–34 = Eggs H–34 = Seafood H–36 = Meats H–40 = Poultry H–40 = Processed meats H–42 = Beverages H–46 = Fats/Oils H–48 = Sweets H–50 = Spices/Condiments/Sauces H–52 = Mixed foods/Soups/Sandwiches H–58 = Fast food H–74 = Convenience meals H–76 = Baby foods

| Chol (mg) | Calc (mg) | Iron (mg) | Magn (mg) | Pota (mg) | Sodi (mg) | Zinc (mg) | Vit A (µg) | Thia (mg) | Vit E (mg α) | Ribo (mg) | Niac (mg) | Vit $B_6$ (mg) | Fola (µg) | Vit C (mg) | Vit $B_{12}$ (µg) | Sele (µg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 85 | 250 | 0.00 | — | — | 280 | — | 134 | — | — | — | — | — | — | 0 | — | — |
| 90 | 300 | 0.00 | — | — | 390 | — | 145 | — | — | — | — | — | — | 0 | — | — |
| | | | | | | | | | | | | | | | | |
| 160 | 300 | 7.20 | — | 600 | 2260 | — | — | — | — | — | — | — | — | 1 | — | — |
| 210 | 150 | 3.60 | — | 210 | 770 | — | — | — | — | — | — | — | — | 4 | — | — |
| 40 | 150 | 3.60 | — | 180 | 840 | — | 40 | — | — | — | — | — | — | 0 | — | — |
| 80 | 20 | 1.80 | — | 430 | 970 | — | — | — | — | — | — | — | — | 1 | — | — |
| 65 | 300 | 3.60 | — | 1010 | 890 | — | — | — | — | — | — | — | — | 54 | — | — |
| 110 | 350 | 0.36 | — | 720 | 270 | — | 215 | — | — | — | — | — | — | 0 | — | — |
| 70 | 250 | 4.50 | — | 280 | 920 | — | — | — | — | — | — | — | — | 1 | — | — |
| 0 | 20 | 1.08 | — | 550 | 690 | — | 0 | — | — | — | — | — | — | 6 | — | — |
| 0 | 20 | 1.44 | — | 770 | 960 | — | 0 | — | — | — | — | — | — | 9 | — | — |
| 30 | 100 | 3.60 | — | 155 | 610 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 0 | 10 | 0.18 | — | 190 | 230 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 60 | 150 | 1.80 | — | 470 | 950 | — | — | — | — | — | — | — | — | 9 | — | — |
| 45 | 164 | 4.92 | — | 390 | 980 | — | — | — | — | — | — | — | — | 10 | — | — |
| 75 | 250 | 4.50 | — | 420 | 1360 | — | — | — | — | — | — | — | — | 9 | — | — |
| 0 | 40 | 2.70 | — | 140 | 420 | — | 40 | — | — | — | — | — | — | 18 | — | — |
| 280 | 100 | 2.70 | — | 240 | 1390 | — | — | — | — | — | — | — | — | 0 | — | — |
| 0 | 40 | 1.80 | — | 580 | 890 | — | — | — | — | — | — | — | — | 0 | — | — |
| 80 | 200 | 4.50 | — | 450 | 1220 | — | — | — | — | — | — | — | — | 9 | — | — |
| 60 | 300 | 4.50 | — | 1020 | 920 | — | — | — | — | — | — | — | — | 48 | — | — |
| 110 | 350 | 0.00 | — | 610 | 220 | — | 202 | — | — | — | — | — | — | 0 | — | — |
| 130 | 300 | 7.20 | — | 480 | 1670 | — | — | — | — | — | — | — | — | 1 | — | — |
| 115 | 400 | 0.00 | — | 630 | 220 | — | 218 | — | — | — | — | — | — | 0 | — | — |
| | | | | | | | | | | | | | | | | |
| 5 | 200 | 1.08 | 32 | 1000 | 85 | 0.30 | — | 0.06 | 0.32 | 0.26 | 1.20 | 0.40 | 33 | 15 | 0 | 0 |
| 5 | 100 | 1.80 | 24 | 810 | 60 | 0.30 | — | 0.09 | 0.64 | 0.26 | 5.00 | 0.50 | 100 | 78 | 0 | 1 |
| 0 | 150 | 2.70 | 80 | 1030 | 250 | 0.90 | 0 | 0.53 | — | 0.26 | 5.00 | 0.70 | 80 | 18 | 0 | 6 |
| 25 | 500 | 1.08 | 32 | 760 | 280 | 0.60 | 0 | 0.09 | 0.00 | 0.85 | 0.40 | 0.08 | 9 | 6 | 1 | 4 |
| 5 | 150 | 1.80 | 60 | 1150 | 50 | 0.30 | — | 0.30 | 0.40 | 0.26 | 1.90 | 0.40 | 100 | 168 | 0 | 1 |
| 28 | 455 | 0.30 | 49 | 634 | 429 | 1.50 | — | 0.10 | 0.16 | 0.60 | 0.30 | 0.10 | 18 | 7 | 1 | 3 |
| 5 | 100 | 1.08 | 60 | 1240 | 35 | 15.00 | — | 0.38 | 17.71 | 0.34 | 3.00 | 0.40 | 122 | 1302 | 0 | 1 |
| 5 | 250 | 1.44 | 16 | 500 | 90 | 0.30 | — | 0.03 | 0.64 | 0.26 | 5.00 | 0.50 | 100 | 54 | 0 | 1 |
| 0 | 1100 | 1.44 | 480 | 1110 | 40 | 15.00 | — | 5.25 | 17.71 | 5.78 | 66.00 | 6.80 | 640 | 294 | 10 | 70 |
| 0 | 20 | 0.00 | 8 | 200 | 10 | 0.00 | 0 | 0.03 | 0.00 | 0.17 | 14.00 | 1.80 | 320 | 36 | 0 | 0 |
| 5 | 150 | 1.80 | 32 | 660 | 75 | 0.60 | — | 0.12 | 0.32 | 0.26 | 7.00 | 0.80 | 160 | 66 | <1 | 1 |
| 5 | 100 | 1.08 | 24 | 800 | 60 | 0.30 | — | 0.15 | 1.61 | 0.26 | 5.00 | 0.70 | 120 | 72 | 0 | 1 |
| 0 | 60 | 1.08 | 60 | 990 | 0 | 0.30 | 0 | 0.45 | — | 0.14 | 2.00 | 0.20 | 160 | 246 | 0 | 0 |
| 0 | 100 | 1.80 | 60 | 1010 | 125 | 0.60 | 0 | 0.45 | — | 0.26 | 3.00 | 0.50 | 120 | 132 | 0 | 3 |
| 0 | 250 | 1.80 | 60 | 1350 | 100 | 0.30 | — | 0.38 | 0.64 | 0.43 | 3.00 | 0.40 | 140 | 240 | 0 | 1 |
| 0 | 1100 | 2.62 | 39 | 650 | 240 | 0.58 | 0 | 0.09 | 0.31 | 0.10 | 1.55 | 0.40 | 58 | 60 | 0 | 4 |
| 3 | 104 | 2.20 | 56 | 806 | 47 | 0.80 | — | 0.10 | 0.40 | 0.30 | 1.60 | 0.40 | 43 | 35 | <1 | 1 |
| 5 | 150 | 1.80 | 32 | 790 | 70 | 0.60 | — | 0.09 | 0.32 | 0.26 | 6.00 | 0.90 | 160 | 60 | 0 | 1 |
| 0 | 250 | 1.80 | 32 | 1020 | 115 | 0.30 | — | 0.03 | 0.32 | 0.34 | 1.20 | 0.20 | 32 | 60 | 0 | 1 |
| 5 | 100 | 1.08 | 24 | 480 | 10 | 0.30 | 0 | 0.06 | — | 0.34 | 14.00 | 1.80 | 320 | 90 | 0 | 1 |
| 0 | 20 | 1.08 | 40 | 720 | 0 | 0.30 | 0 | 0.30 | — | 0.10 | 1.60 | 0.40 | 80 | 678 | 0 | 0 |
| 0 | 0 | 1.80 | 8 | 80 | 0 | 0.00 | 0 | 0.03 | — | 0.03 | 0.40 | 0.04 | 16 | 4 | 0 | 3 |
| | | | | | | | | | | | | | | | | |
| 5 | 80 | 1.80 | — | — | 760 | — | — | — | — | — | — | — | — | 1 | — | — |
| 0 | 20 | 1.08 | — | — | 560 | — | — | — | — | — | — | — | — | 1 | — | — |
| 8 | 30 | 0.18 | — | — | 284 | — | 65 | — | — | — | — | — | — | 34 | — | — |
| 70 | 10 | 0.72 | — | — | 1140 | — | — | — | — | — | — | — | — | 1 | — | — |
| 0 | 10 | 0.18 | — | — | 20 | — | 10 | — | — | — | — | — | — | 4 | — | — |
| 135 | 19 | 1.44 | — | — | 1230 | — | — | — | — | — | — | — | — | 1 | — | — |
| 70 | 9 | 0.65 | — | — | 415 | — | — | — | — | — | — | — | — | 1 | — | — |
| 120 | 19 | 1.04 | — | — | 710 | — | — | — | — | — | — | — | — | 1 | — | — |
| 55 | 9 | 0.34 | — | — | 390 | — | — | — | — | — | — | — | — | 1 | — | — |
| 193 | 40 | 1.44 | — | — | 1145 | — | — | — | — | — | — | — | — | 5 | — | — |
| 130 | 10 | 1.07 | — | — | 1450 | — | — | — | — | — | — | — | — | 1 | — | — |
| 65 | 20 | 0.68 | — | — | 380 | — | — | — | — | — | — | — | — | 1 | — | — |
| 125 | 10 | 1.44 | — | — | 1240 | — | — | — | — | — | — | — | — | 1 | — | — |
| 60 | 10 | 0.72 | — | — | 420 | — | — | — | — | — | — | — | — | 1 | — | — |
| 150 | 40 | 1.44 | — | — | 1230 | — | | — | — | — | — | — | — | 1 | — | — |
| 10 | 150 | 0.18 | — | — | 860 | — | 350 | — | — | — | — | — | — | 1 | — | — |

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**TABLE H–1**

**Food Composition** (DA+ code is for Wadsworth Diet Analysis program) (For purposes of calculations, use "0" for t, <1, <.1, <.01, etc.)

| DA + Code | Food Description | Quantity | Measure | Wt (g) | $H_2O$ (g) | Ener (kcal) | Prot (g) | Carb (g) | Fiber (g) | Fat (g) | Fat Breakdown (g) Sat | Mono | Poly | *Trans* |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **FAST FOOD**—Continued | | | | | | | | | | | | | |
| 31847 | Mashed potatoes with gravy | 1 | serving(s) | 136 | — | 120 | 1 | 17 | 2 | 6 | 1.00 | — | — | 0.50 |
| 10825 | Original Recipe chicken, breast | 1 | item(s) | 161 | — | 370 | 40 | 11 | 0 | 19 | 6.00 | — | — | 2.50 |
| 10826 | Original Recipe chicken, drumstick | 1 | item(s) | 59 | — | 140 | 14 | 4 | 0 | 8 | 2.00 | — | — | 1 |
| 10827 | Original Recipe chicken, thigh | 1 | item(s) | 126 | — | 360 | 22 | 12 | 0 | 25 | 7.00 | — | — | 1.50 |
| 10828 | Original Recipe chicken, whole wing | 1 | item(s) | 47 | — | 145 | 11 | 5 | 0 | 9 | 2.50 | — | — | 1 |
| 3760 | Original Recipe chicken sandwich w/sauce | 1 | item(s) | 200 | — | 450 | 29 | 33 | 2 | 22 | 5.00 | — | — | — |
| 31834 | Original Recipe chicken sandwich w/o sauce | 1 | item(s) | 187 | — | 360 | 29 | 21 | 1 | 13 | 3.50 | — | — | — |
| 31852 | Potato salad | 1 | serving(s) | 160 | — | 230 | 4 | 23 | 3 | 14 | 2.00 | — | — | 0.31 |
| 10845 | Potato wedges | 1 | serving(s) | 156 | — | 376 | 6 | 53 | 5 | 15 | 4.20 | — | — | 6.12 |
| 10853 | Rotisserie Gold chicken, breast & wing w/skin | 4 | ounce(s) | 114 | — | 218 | 26 | 1 | 0 | 12 | 3.51 | — | — | — |
| 10851 | Rotisserie Gold chicken, thigh & leg w/skin | 4 | ounce(s) | 114 | — | 260 | 23 | 1 | 0 | 18 | 5.15 | — | — | — |
| 10852 | Rotisserie Gold chicken, thigh & leg w/o skin | 4 | ounce(s) | 117 | — | 217 | 27 | 0 | 0 | 12 | 3.50 | — | — | — |
| 31843 | Spicy Crispy Strips | 3 | item(s) | 115 | — | 335 | 25 | 23 | 1 | 15 | 4.00 | — | — | — |
| 10854 | Tender Roast chicken, breast w/o skin | 1 | item(s) | 118 | — | 169 | 31 | 1 | 0 | 4 | 1.20 | — | — | — |
| | **Long John Silver** | | | | | | | | | | | | | |
| 39392 | Baked cod | 1 | serving(s) | 101 | — | 120 | 22 | 1 | 0 | 5 | 1.00 | — | — | — |
| 3777 | Batter dipped fish sandwich | 1 | item(s) | 177 | — | 440 | 17 | 48 | 3 | 20 | 5.00 | — | — | — |
| 37568 | Battered fish | 1 | item(s) | 92 | — | 230 | 11 | 16 | 0 | 13 | 4.00 | — | — | — |
| 37569 | Breaded clams | 1 | serving(s) | 85 | — | 240 | 8 | 22 | 1 | 13 | 2.00 | — | — | — |
| 39404 | Clam chowder | 1 | item(s) | 227 | — | 220 | 9 | 23 | 0 | 10 | 4.00 | — | — | — |
| 39398 | Cocktail sauce | 1 | ounce(s) | 28 | — | 25 | 0 | 6 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 3770 | Coleslaw | 1 | serving(s) | 113 | — | 200 | 1 | 15 | 4 | 15 | 2.50 | 1.76 | 4.10 | — |
| 39394 | Crunchy shrimp basket | 21 | item(s) | 114 | — | 340 | 12 | 32 | 2 | 19 | 5.00 | — | — | — |
| 39400 | French fries, large | 1 | item(s) | 142 | — | 390 | 4 | 56 | 5 | 17 | 4.00 | — | — | — |
| 3774 | Fries regular | 1 | serving(s) | 85 | — | 230 | 3 | 34 | 3 | 10 | 2.50 | 7.40 | 5.10 | — |
| 3779 | Hushpuppy | 1 | piece(s) | 23 | — | 60 | 1 | 9 | 1 | 3 | 0.50 | — | — | — |
| 3781 | Shrimp batter-dipped | 1 | piece(s) | 14 | — | 45 | 2 | 3 | 0 | 3 | 1.00 | — | — | — |
| 39399 | Tartar sauce | 1 | ounce(s) | 28 | — | 100 | 0 | 4 | 0 | 9 | 1.50 | — | — | — |
| 39395 | Ultimate fish sandwich | 1 | item(s) | 199 | — | 500 | 20 | 48 | 3 | 25 | 8.00 | — | — | — |
| | **McDonald's** | | | | | | | | | | | | | |
| 2247 | Barbecue sauce | 1 | serving(s) | 28 | — | 45 | 0 | 10 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 737 | Big Mac hamburger | 1 | item(s) | 216 | — | 590 | 24 | 47 | 3 | 34 | 11.00 | — | — | 1.48 |
| 738 | Cheeseburger | 1 | item(s) | 121 | — | 330 | 15 | 36 | 2 | 14 | 6.00 | — | — | 1.02 |
| 29775 | Chicken McGrill sandwich | 1 | item(s) | 213 | — | 400 | 25 | 37 | 2 | 17 | 3.00 | — | — | 0 |
| 3792 | Chicken McNuggets | 4 | item(s) | 72 | — | 210 | 10 | 12 | 1 | 13 | 2.50 | — | — | 1.13 |
| 1873 | Chicken McNuggets | 6 | item(s) | 108 | — | 310 | 15 | 18 | 2 | 20 | 4.00 | — | — | 1.69 |
| 73 | Chocolate milkshake | 8 | fluid ounce(s) | 227 | 164 | 270 | 7 | 48 | 1 | 6 | 3.81 | 1.77 | 0.23 | — |
| 29774 | Crispy chicken sandwich | 1 | item(s) | 219 | — | 500 | 22 | 46 | 2 | 26 | 4.50 | — | — | 1.50 |
| 743 | Egg McMuffin | 1 | item(s) | 138 | — | 300 | 18 | 29 | 2 | 12 | 4.50 | — | — | 0.42 |
| 742 | Filet-o-fish sandwich | 1 | item(s) | 156 | — | 470 | 15 | 45 | 1 | 26 | 5.00 | — | — | 1.11 |
| 2257 | French fries, large | 1 | serving(s) | 176 | — | 540 | 8 | 68 | 6 | 26 | 4.50 | — | — | 6.18 |
| 1872 | French fries, small | 1 | serving(s) | 68 | — | 210 | 3 | 26 | 2 | 10 | 1.50 | — | — | 2.30 |
| 2244 | French fries, super size | 1 | serving(s) | 198 | — | 610 | 9 | 77 | 7 | 29 | 5.00 | — | — | — |
| 33822 | Fruit n' yogurt parfait | 1 | item(s) | 338 | — | 380 | 10 | 76 | 2 | 5 | 2.00 | — | — | 0.18 |
| 2251 | Garden salad | 1 | item(s) | 177 | — | 35 | 2 | 7 | 3 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 739 | Hamburger | 1 | item(s) | 107 | — | 280 | 12 | 35 | 2 | 10 | 4.00 | — | — | 0.51 |
| 2003 | Hash browns | 1 | item(s) | 53 | — | 130 | 1 | 14 | 1 | 8 | 1.50 | — | — | 2 |
| 2249 | Honey sauce | 1 | item(s) | 14 | — | 45 | 0 | 12 | 0 | 0 | 0.00 | 0.00 | 0.00 | — |
| 33816 | McSalad Shaker chef salad | 1 | item(s) | 206 | — | 150 | 17 | 5 | 2 | 8 | 3.50 | — | — | — |
| 33817 | McSalad Shaker garden salad | 1 | item(s) | 149 | — | 100 | 7 | 4 | 2 | 6 | 3.00 | — | — | — |
| 33818 | McSalad Shaker grilled chicken caesar salad | 1 | item(s) | 163 | — | 100 | 17 | 3 | 2 | 3 | 1.50 | — | — | — |
| 38396 | Newman's Own cobb salad dressing | 1 | item(s) | 59 | — | 120 | 1 | 9 | 0 | 9 | 1.50 | — | — | 0.01 |
| 38397 | Newman's Own creamy caesar salad dressing | 1 | item(s) | 59 | — | 190 | 2 | 4 | 0 | 18 | 3.50 | — | — | 0.29 |
| 38398 | Newman's Own low fat balsamic vinaigrette salad dressing | 1 | item(s) | 44 | — | 40 | 0 | 4 | 0 | 3 | 0.00 | — | — | 0.01 |
| 38399 | Newman's Own ranch salad dressing | 1 | item(s) | 59 | — | 290 | 1 | 4 | 0 | 30 | 4.50 | — | — | 0.22 |
| 1874 | Plain hotcakes w/syrup & margarine | 3 | item(s) | 228 | — | 600 | 9 | 104 | 0 | 17 | 3.00 | — | — | 4 |
| 740 | Quarter Pounder hamburger | 1 | item(s) | 172 | — | 430 | 23 | 37 | 2 | 21 | 8.00 | — | — | 1.01 |
| 741 | Quarter Pounder hamburger w/cheese | 1 | item(s) | 200 | — | 530 | 28 | 38 | 2 | 30 | 13.00 | — | — | 1.51 |
| 2005 | Sausage McMuffin w/egg | 1 | item(s) | 164 | — | 450 | 20 | 29 | 2 | 28 | 10.00 | — | — | 0.59 |

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**PAGE KEY:** H–2 = Breads/Baked Goods H–6 = Cereal/Rice/Pasta H–10 = Fruit H–14 = Vegetables/Legumes H–24 = Nuts/Seeds H–26 = Vegetarian H–28 = Dairy H–34 = Eggs H–34 = Seafood H–36 = Meats H–40 = Poultry H–40 = Processed meats H–42 = Beverages H–46 = Fats/Oils H–48 = Sweets H–50 = Spices/Condiments/Sauces H–52 = Mixed foods/Soups/Sandwiches H–58 = Fast food H–74 = Convenience meals H–76 = Baby foods

| Chol (mg) | Calc (mg) | Iron (mg) | Magn (mg) | Pota (mg) | Sodi (mg) | Zinc (mg) | Vit A (µg) | Thia (mg) | Vit E (mg α) | Ribo (mg) | Niac (mg) | Vit $B_6$ (mg) | Fola (µg) | Vit C (mg) | Vit $B_{12}$ (µg) | Sele (µg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | 10 | 0.36 | — | — | 440 | — | — | — | — | — | — | — | — | 1 | — | — |
| 145 | 20 | 1.14 | — | — | 1145 | — | — | — | — | — | — | — | — | 1 | — | — |
| 75 | 10 | 0.70 | — | — | 440 | — | — | — | — | — | — | — | — | 1 | — | — |
| 165 | 10 | 1.00 | — | — | 1060 | — | — | — | — | — | — | — | — | 1 | — | — |
| 60 | 10 | 0.36 | — | — | 370 | — | — | — | — | — | — | — | — | 1 | — | — |
| 70 | 40 | 1.80 | — | — | 940 | — | — | — | — | — | — | — | — | 1 | — | — |
| 60 | 40 | 1.80 | — | — | 890 | — | — | — | — | — | — | — | — | 1 | — | — |
| 15 | 20 | 2.70 | — | — | 540 | — | 100 | — | — | — | — | — | — | 1 | — | — |
| 4 | 36 | 1.55 | — | — | 1323 | — | — | — | — | — | — | — | — | 8 | — | — |
| 102 | 7 | 0.12 | — | — | 718 | — | — | — | — | — | — | — | — | 1 | — | — |
| 127 | 8 | 0.14 | — | — | 764 | — | — | — | — | — | — | — | — | 1 | — | — |
| 128 | 10 | 0.18 | — | — | 772 | — | — | — | — | — | — | — | — | 1 | — | — |
| 70 | 20 | 0.90 | — | — | 1140 | — | — | — | — | — | — | — | — | 1 | — | — |
| 112 | 10 | 0.18 | — | — | 797 | — | — | — | — | — | — | — | — | 1 | — | — |
| 90 | 20 | 0.72 | — | — | 240 | — | — | — | — | — | — | — | — | 0 | — | — |
| 35 | 60 | 3.60 | — | — | 1120 | — | — | — | — | — | — | — | — | 9 | — | — |
| 30 | 20 | 1.80 | — | — | 700 | — | — | — | — | — | — | — | — | 5 | — | — |
| 10 | 20 | 1.08 | — | — | 1110 | — | — | — | — | — | — | — | — | 0 | — | — |
| 25 | 150 | 0.72 | — | — | 810 | — | — | — | — | — | — | — | — | 0 | — | — |
| 0 | 0 | 0.00 | — | — | 250 | — | — | — | — | — | — | — | — | 0 | — | — |
| 20 | 40 | 0.36 | — | 223 | 340 | 0.70 | 34 | 0.07 | — | 0.08 | 2.35 | — | — | 18 | — | — |
| 105 | 500 | 1.80 | — | — | 720 | — | — | — | — | — | — | — | — | 1 | — | — |
| 0 | 0 | 0.00 | — | — | 580 | — | — | — | — | — | — | — | — | 24 | — | — |
| 0 | 0 | 0.00 | — | 370 | 350 | 0.30 | — | 0.09 | — | 0.02 | 1.60 | — | — | 15 | — | — |
| 0 | 20 | 0.36 | — | — | 200 | — | — | — | — | — | — | — | — | 0 | — | — |
| 15 | 0 | 0.00 | — | — | 125 | — | — | — | — | — | — | — | — | 1 | — | — |
| 15 | 0 | 0.00 | — | — | 250 | — | — | — | — | — | — | — | — | 0 | — | — |
| 50 | 150 | 3.60 | — | — | 1310 | — | — | — | — | — | — | — | — | 9 | — | — |
| 0 | 10 | 0.18 | — | 45 | 250 | — | 3 | — | — | — | — | — | — | 4 | — | — |
| 85 | 300 | 4.50 | — | 430 | 1090 | — | 60 | — | — | — | — | — | — | 4 | — | — |
| 45 | 250 | 2.70 | — | 250 | 830 | — | 60 | — | — | — | — | — | — | 2 | — | — |
| 60 | 200 | 2.70 | — | 440 | 890 | — | — | — | — | — | — | — | — | 6 | — | — |
| 35 | 20 | 0.72 | — | 180 | 460 | — | — | — | — | — | — | — | — | 1 | — | — |
| 50 | 20 | 0.72 | — | 260 | 680 | — | — | — | — | — | — | — | — | 1 | — | — |
| 25 | 299 | 0.70 | 36 | 508 | 252 | 1.09 | 41 | 0.11 | 0.11 | 0.50 | 0.28 | 0.06 | 11 | 0 | 1 | 4 |
| 50 | 200 | 2.70 | — | 400 | 1100 | — | — | — | — | — | — | — | — | 6 | — | — |
| 235 | 300 | 2.70 | — | 210 | 830 | — | — | — | 0.72 | — | — | — | — | 1 | — | — |
| 50 | 200 | 1.80 | — | 280 | 890 | — | 40 | — | — | — | — | — | — | 1 | — | — |
| 0 | 20 | 1.44 | — | 1210 | 350 | — | — | — | — | — | — | — | — | 21 | — | — |
| 0 | 10 | 0.36 | — | 470 | 135 | — | — | — | — | — | — | — | — | 9 | — | — |
| 0 | 20 | 1.44 | — | 1370 | 390 | — | — | — | — | — | — | — | — | 24 | — | — |
| 15 | 300 | 1.80 | — | 550 | 240 | — | — | — | — | — | — | — | — | 24 | — | — |
| 0 | 40 | 1.09 | — | 410 | 20 | — | — | — | — | — | — | — | — | 24 | — | — |
| 30 | 200 | 2.70 | — | 230 | 590 | — | 5 | — | — | — | — | — | — | 2 | — | — |
| 0 | 10 | 0.36 | — | 210 | 330 | — | — | — | — | — | — | — | — | 2 | — | — |
| 0 | 10 | 0.18 | — | 7 | 0 | — | — | — | — | — | — | — | — | 1 | — | — |
| 95 | 150 | 1.44 | — | 360 | 740 | — | 323 | — | — | — | — | — | — | 15 | — | — |
| 75 | 150 | 1.08 | — | 290 | 120 | — | 273 | — | — | — | — | — | — | 15 | — | — |
| 40 | 100 | 1.08 | — | 420 | 240 | — | — | — | — | — | — | — | — | 12 | — | — |
| 10 | 40 | 0.18 | — | 13 | 440 | — | — | — | 0.00 | — | — | — | — | 1 | — | — |
| 20 | 60 | 0.18 | — | 16 | 500 | — | — | — | 15.40 | — | — | — | — | 1 | — | — |
| 0 | 10 | 0.18 | — | 9 | 730 | — | — | — | 0.00 | — | — | — | — | 2 | — | — |
| 20 | 40 | 0.18 | — | 64 | 530 | — | — | — | — | — | — | — | — | 1 | — | — |
| 20 | 100 | 4.50 | — | 280 | 770 | — | — | — | — | — | — | — | — | 1 | — | — |
| 70 | 200 | 4.50 | — | 370 | 840 | — | 10 | — | — | — | — | — | — | 2 | — | — |
| 95 | 350 | 4.50 | — | 420 | 1310 | — | 100 | — | — | — | — | — | — | 2 | — | — |
| 255 | 300 | 2.70 | — | 260 | 930 | — | 115 | — | 0.72 | — | — | — | — | 1 | — | — |

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**TABLE H–1**

**Food Composition** (DA+ code is for Wadsworth Diet Analysis program) (For purposes of calculations, use "0" for t, <1, <.1, <.01, etc.)

| DA + Code | Food Description | Quantity | Measure | Wt (g) | $H_2O$ (g) | Ener (kcal) | Prot (g) | Carb (g) | Fiber (g) | Fat (g) | Fat Breakdown (g) Sat | Mono | Poly | *Trans* |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **FAST FOOD**—Continued | | | | | | | | | | | | | |
| 3163 | Strawberry milkshake | 8 | fluid ounce(s) | 226 | 168 | 256 | 8 | 43 | 1 | 6 | 3.93 | — | — | — |
| 74 | Vanilla milkshake | 8 | fluid ounce(s) | 227 | 169 | 254 | 9 | 40 | 0 | 7 | 4.28 | 1.98 | 0.26 | — |
| | **Pizza Hut** | | | | | | | | | | | | | |
| 39009 | Hot chicken wings | 2 | item(s) | 57 | — | 110 | 11 | 1 | 0 | 6 | 2.00 | — | — | 0.25 |
| 14025 | Meat Lovers hand tossed pizza | 1 | slice(s) | 125 | — | 320 | 16 | 30 | 2 | 15 | 7.00 | — | — | 0.53 |
| 14026 | Meat Lovers pan pizza | 1 | slice(s) | 130 | — | 360 | 16 | 29 | 2 | 20 | 7.00 | — | — | 0.53 |
| 31009 | Meat Lovers stuffed crust pizza | 1 | slice(s) | 188 | — | 500 | 25 | 44 | 3 | 25 | 11.00 | — | — | 1.11 |
| 14024 | Meat Lovers thin 'n crispy pizza | 1 | slice(s) | 112 | — | 310 | 15 | 22 | 2 | 18 | 8.00 | — | — | 0.57 |
| 14031 | Pepperoni Lovers hand tossed pizza | 1 | slice(s) | 114 | — | 300 | 15 | 30 | 2 | 14 | 7.00 | — | — | 0.50 |
| 14032 | Pepperoni Lovers pan pizza | 1 | slice(s) | 119 | — | 350 | 15 | 29 | 2 | 19 | 8.00 | — | — | 0.50 |
| 31011 | Pepperoni Lovers stuffed crust pizza | 1 | slice(s) | 171 | — | 480 | 23 | 44 | 3 | 24 | 11.00 | — | — | 1.05 |
| 14030 | Pepperoni Lovers thin 'n crispy pizza | 1 | slice(s) | 94 | — | 270 | 13 | 22 | 2 | 14 | 7.00 | — | — | 0.51 |
| 10834 | Personal Pan pepperoni pizza | 1 | slice(s) | 59 | — | 150 | 7 | 18 | — | 6 | 2.50 | — | — | 0.97 |
| 10842 | Personal Pan supreme pizza | 1 | slice(s) | 73 | — | 170 | 8 | 19 | 1 | 7 | 3.00 | — | — | 0.95 |
| 39013 | Personal Pan Veggie Lovers pizza | 1 | slice(s) | 69 | — | 150 | 6 | 19 | 1 | 6 | 2.00 | — | — | 0.50 |
| 14028 | Veggie Lovers hand tossed pizza | 1 | slice(s) | 120 | — | 220 | 10 | 31 | 2 | 6 | 3.00 | — | — | 0.25 |
| 14029 | Veggie Lovers pan pizza | 1 | slice(s) | 125 | — | 260 | 10 | 31 | 2 | 12 | 4.00 | — | — | 0.26 |
| 31010 | Veggie Lovers stuffed crust pizza | 1 | slice(s) | 181 | — | 370 | 17 | 45 | 3 | 14 | 7.00 | — | — | 0.53 |
| 14027 | Veggie Lovers thin 'n crispy pizza | 1 | slice(s) | 110 | — | 190 | 8 | 23 | 2 | 7 | 3.00 | — | — | 0.54 |
| 39012 | Wing blue cheese dipping sauce | 1 | item(s) | 43 | — | 230 | 2 | 2 | 0 | 24 | 5.00 | — | — | 1 |
| 39011 | Wing ranch dipping sauce | 1 | item(s) | 43 | — | 210 | 1 | 4 | 0 | 22 | 3.50 | — | — | 0.50 |
| | **Starbucks** | | | | | | | | | | | | | |
| 38042 | Apple cider, tall steamed | 12 | fluid ounce(s) | 360 | — | 180 | 0 | 45 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 38052 | Cappuccino, tall | 12 | fluid ounce(s) | 360 | — | 120 | 7 | 10 | 0 | 6 | 4.00 | — | — | — |
| 38053 | Cappuccino, tall nonfat | 12 | fluid ounce(s) | 360 | — | 80 | 7 | 11 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 38054 | Cappuccino, tall soy milk | 12 | fluid ounce(s) | 360 | — | 100 | 5 | 13 | 1 | 3 | 0.00 | — | — | — |
| 38059 | Cinnamon spice mocha, tall nonfat w/o whipped cream | 12 | fluid ounce(s) | 360 | — | 170 | 11 | 32 | 0 | 0 | 0.50 | 0.00 | 0.00 | 0 |
| 38057 | Cinnamon spice mocha, tall w/whipped cream | 12 | fluid ounce(s) | 360 | — | 320 | 10 | 31 | 0 | 17 | 11.00 | — | — | — |
| 38051 | Espresso, single shot | 1 | fluid ounce(s) | 30 | — | 5 | 0 | 1 | 0 | 0 | 0.00 | 0.00 | 0.00 | — |
| 38088 | Flavored syrup, 1 pump | 1 | serving(s) | 10 | — | 20 | 0 | 5 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 32562 | Frappuccino coffee drink, lite mocha | 9½ | fluid ounce(s) | 281 | — | 100 | 7 | 12 | 3 | 3 | 2.00 | — | — | 0 |
| 38079 | Frappuccino, grande chocolate malt | 16 | fluid ounce(s) | 480 | — | 470 | 15 | 87 | 2 | 10 | 3.50 | — | — | — |
| 38075 | Frappuccino, grande mocha malt | 12 | fluid ounce(s) | 360 | — | 430 | 14 | 91 | 1 | 7 | 4.00 | — | — | — |
| 32561 | Frappuccino low fat coffee drink, all flavors | 9½ | fluid ounce(s) | 281 | — | 190 | 6 | 39 | 0 | 3 | 2.00 | — | — | — |
| 38067 | Frappuccino, tall caramel | 12 | fluid ounce(s) | 360 | — | 210 | 4 | 43 | 0 | 3 | 1.50 | — | — | — |
| 38078 | Frappuccino, tall chocolate | 12 | fluid ounce(s) | 360 | — | 290 | 13 | 52 | 1 | 5 | 1.00 | — | — | — |
| 38069 | Frappuccino, tall chocolate brownie | 12 | fluid ounce(s) | 360 | — | 270 | 5 | 51 | 1 | 7 | 4.50 | — | — | — |
| 38070 | Frappuccino, tall coffee | 12 | fluid ounce(s) | 360 | — | 190 | 4 | 38 | 0 | 3 | 1.50 | — | — | — |
| 38071 | Frappuccino, tall espresso | 12 | fluid ounce(s) | 360 | — | 160 | 4 | 33 | 0 | 2 | 1.50 | — | — | — |
| 38073 | Frappuccino, mocha | 12 | fluid ounce(s) | 360 | — | 220 | 5 | 44 | 0 | 3 | 1.50 | — | — | — |
| 38072 | Frappuccino, tall mocha coconut | 12 | fluid ounce(s) | 360 | — | 300 | 5 | 58 | 2 | 7 | 5.00 | — | — | — |
| 38080 | Frappuccino, tall vanilla | 12 | fluid ounce(s) | 360 | — | 260 | 11 | 47 | 0 | 4 | 1.00 | — | — | — |
| 38074 | Frappuccino, tall white chocolate | 12 | fluid ounce(s) | 360 | — | 240 | 5 | 48 | 0 | 4 | 2.50 | — | — | — |
| 33111 | Latte, tall w/nonfat milk | 12 | fluid ounce(s) | 360 | 335 | 123 | 12 | 17 | 0 | 1 | 0.40 | 0.16 | 0.02 | 0 |
| 33112 | Latte, tall w/whole milk | 12 | fluid ounce(s) | 360 | 325 | 212 | 11 | 17 | 0 | 11 | 6.90 | 3.24 | 0.42 | — |
| 33109 | Macchiato, tall caramel w/nonfat milk | 12 | fluid ounce(s) | 360 | — | 140 | 7 | 27 | 0 | 1 | 0.40 | — | — | — |
| 33110 | Macchiato, tall caramel w/whole milk | 12 | fluid ounce(s) | 360 | — | 190 | 6 | 27 | 0 | 7 | 4.00 | — | — | — |
| 33107 | Mocha coffee drink, tall nonfat, w/o whipped cream | 12 | fluid ounce(s) | 360 | — | 180 | 12 | 33 | 1 | 2 | 1.50 | 0.68 | 0.08 | — |
| 38089 | Mocha syrup | 1 | serving(s) | 17 | — | 25 | 1 | 6 | 0 | 1 | 0.00 | — | — | — |
| 33108 | Mocha, tall w/whole milk | 12 | fluid ounce(s) | 360 | — | 340 | 12 | 33 | 1 | 20 | 12.00 | 3.48 | 0.44 | — |
| 38084 | Tazo chai black tea, tall | 12 | fluid ounce(s) | 360 | — | 210 | 6 | 36 | 0 | 5 | 3.50 | — | — | — |
| 38083 | Tazo chai black tea, tall nonfat | 12 | fluid ounce(s) | 360 | — | 170 | 6 | 37 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 38087 | Tazo chai black tea, tall soy milk | 12 | fluid ounce(s) | 360 | — | 190 | 4 | 39 | 1 | 2 | 0.00 | — | — | — |
| 38063 | Tazo chai creme frappuccino, tall | 12 | fluid ounce(s) | 360 | — | 280 | 11 | 51 | 0 | 4 | 1.00 | — | — | — |
| 38076 | Tazo iced tea, tall | 12 | fluid ounce(s) | 360 | — | 60 | 0 | 16 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 38077 | Tazo tea, grande lemonade | 16 | fluid ounce(s) | 480 | — | 120 | 0 | 31 | 0 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 38065 | Tazoberry creme frappuccino, tall | 12 | fluid ounce(s) | 360 | — | 240 | 4 | 54 | 1 | 1 | 0.00 | — | — | — |
| 38066 | Tazoberry frappuccino, tall | 12 | fluid ounce(s) | 360 | — | 140 | 1 | 36 | 1 | 0 | 0.00 | 0.00 | 0.00 | 0 |
| 38045 | Vanilla creme steamed nonfat milk, tall w/whipped cream | 12 | fluid ounce(s) | 360 | — | 180 | 12 | 32 | 0 | 0 | 0.00 | 0.00 | 0.00 | — |
| 38046 | Vanilla creme steamed soy milk, tall w/whipped cream | 12 | fluid ounce(s) | 360 | — | 300 | 8 | 37 | 1 | 12 | 6.00 | — | — | — |

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**PAGE KEY:** H–2 = Breads/Baked Goods H–6 = Cereal/Rice/Pasta H–10 = Fruit H–14 = Vegetables/Legumes H–24 = Nuts/Seeds H–26 = Vegetarian H–28 = Dairy H–34 = Eggs H–34 = Seafood H–36 = Meats H–40 = Poultry H–40 = Processed meats H–42 = Beverages H–46 = Fats/Oils H–48 = Sweets H–50 = Spices/Condiments/Sauces H–52 = Mixed foods/Soups/Sandwiches H–58 = Fast food H–74 = Convenience meals H–76 = Baby foods

| Chol (mg) | Calc (mg) | Iron (mg) | Magn (mg) | Pota (mg) | Sodi (mg) | Zinc (mg) | Vit A (µg) | Thia (mg) | Vit E (mg α) | Ribo (mg) | Niac (mg) | Vit $B_6$ (mg) | Fola (µg) | Vit C (mg) | Vit $B_{12}$ (µg) | Sele (µg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 25 | 256 | 0.25 | 29 | 412 | 188 | 0.82 | 59 | 0.10 | — | 0.44 | 0.40 | 0.10 | 7 | 2 | 1 | 5 |
| 27 | 331 | 0.23 | 27 | 415 | 215 | 0.88 | 57 | 0.07 | 0.11 | 0.44 | 0.33 | 0.10 | 16 | 0 | 1 | 5 |
| | | | | | | | | | | | | | | | | |
| 70 | 0 | 0.36 | — | — | 450 | — | — | — | — | — | — | — | — | 0 | — | — |
| 40 | 150 | 1.80 | — | — | 830 | — | — | — | — | — | — | — | — | 6 | — | — |
| 40 | 150 | 2.70 | — | — | 810 | — | — | — | — | — | — | — | — | 6 | — | — |
| 65 | 250 | 2.70 | — | — | 1450 | — | — | — | — | — | — | — | — | 9 | — | — |
| 45 | 150 | 1.80 | — | — | 880 | — | — | — | — | — | — | — | — | 9 | — | — |
| 40 | 200 | 1.80 | — | — | 730 | — | 58 | — | — | — | — | — | — | 2 | — | — |
| 40 | 200 | 2.70 | — | — | 710 | — | 58 | — | — | — | — | — | — | 2 | — | — |
| 65 | 300 | 2.70 | — | — | 1300 | — | — | — | — | — | — | — | — | 4 | — | — |
| 40 | 200 | 1.44 | — | — | 700 | — | 58 | — | — | — | — | — | — | 2 | — | — |
| 15 | 80 | 1.44 | — | — | 340 | — | 38 | — | — | — | — | — | — | 1 | — | — |
| 15 | 80 | 1.86 | — | — | 400 | — | — | — | — | — | — | — | — | 4 | — | — |
| 10 | 80 | 1.80 | — | — | 280 | — | — | — | — | — | — | — | — | 4 | — | — |
| 15 | 150 | 1.80 | — | — | 490 | — | — | — | — | — | — | — | — | 9 | — | — |
| 15 | 150 | 2.70 | — | — | 470 | — | — | — | — | — | — | — | — | 9 | — | — |
| 35 | 250 | 2.70 | — | — | 980 | — | — | — | — | — | — | — | — | 12 | — | — |
| 15 | 150 | 1.44 | — | — | 480 | — | — | — | — | — | — | — | — | 12 | — | — |
| 25 | 20 | 0.00 | — | — | 550 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 10 | 0 | 0.00 | — | — | 340 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| | | | | | | | | | | | | | | | | |
| 0 | 0 | 1.08 | — | — | 15 | — | 0 | — | — | — | — | — | — | 0 | 0 | — |
| 25 | 250 | 0.00 | — | — | 95 | — | 0 | — | — | — | — | — | — | 1 | 0 | — |
| 3 | 200 | 0.00 | — | — | 100 | — | 0 | — | — | — | — | — | — | 0 | 0 | — |
| 0 | 250 | 0.72 | — | — | 75 | — | 0 | — | — | — | — | — | — | 0 | 0 | — |
| | | | | | | | | | | | | | | | | |
| 5 | 300 | 0.72 | — | — | 150 | — | 0 | — | — | — | — | — | — | 0 | 0 | — |
| | | | | | | | | | | | | | | | | |
| 70 | 350 | 1.08 | — | — | 140 | — | 0 | — | — | — | — | — | — | 2 | 0 | — |
| 0 | 0 | 0.00 | — | — | 0 | — | 0 | — | — | — | — | — | — | 0 | 0 | — |
| 0 | 0 | 0.00 | — | — | 0 | — | 0 | — | — | — | — | — | — | 0 | 0 | — |
| 13 | 200 | 1.08 | — | — | 80 | — | — | — | — | — | — | — | — | 0 | — | — |
| 15 | 250 | 2.70 | — | — | 420 | — | 0 | — | — | — | — | — | — | 12 | 0 | — |
| 20 | 250 | 1.08 | — | — | 390 | — | 0 | — | — | — | — | — | — | 0 | 0 | — |
| | | | | | | | | | | | | | | | | |
| 12 | 220 | 0.00 | — | — | 110 | — | — | — | — | — | — | — | — | 0 | — | — |
| 10 | 150 | 0.00 | — | — | 180 | — | 0 | — | — | — | — | — | — | 0 | 0 | — |
| 3 | 400 | 1.80 | — | — | 300 | — | 0 | — | — | — | — | — | — | 5 | 0 | — |
| 10 | 150 | 1.44 | — | — | 220 | — | 0 | — | — | — | — | — | — | 0 | 0 | — |
| 10 | 150 | 0.00 | — | — | 180 | — | 0 | — | — | — | — | — | — | 0 | 0 | — |
| 10 | 100 | 0.00 | — | — | 160 | — | 0 | — | — | — | — | — | — | 0 | 0 | — |
| 10 | 150 | 0.72 | — | — | 180 | — | 0 | — | — | — | — | — | — | 0 | 0 | — |
| 10 | 150 | 1.08 | — | — | 220 | — | 0 | — | — | — | — | — | — | 0 | 0 | — |
| 3 | 400 | 0.00 | — | — | 280 | — | 0 | — | — | — | — | — | — | 4 | 0 | — |
| 10 | 150 | 0.00 | — | — | 210 | — | 0 | — | — | — | — | — | — | 0 | 0 | — |
| 6 | 420 | 0.18 | 40 | — | 174 | 1.35 | — | 0.12 | — | 0.47 | 0.36 | 0.14 | 18 | 4 | 1 | — |
| 46 | 400 | 0.18 | 47 | 254 | 165 | 1.28 | — | 0.13 | — | 0.54 | 0.35 | 0.14 | 17 | 3 | 1 | — |
| 25 | 250 | 0.36 | — | — | 110 | — | — | — | — | — | — | — | — | 2 | — | — |
| 25 | 200 | 0.36 | — | — | 105 | — | — | — | — | — | — | — | — | 1 | — | — |
| | | | | | | | | | | | | | | | | |
| 5 | 350 | 2.70 | — | — | 150 | — | — | — | — | — | — | — | — | 2 | — | — |
| 0 | 0 | 0.72 | — | — | 0 | — | 0 | — | — | — | — | — | — | 0 | 0 | — |
| 47 | 300 | 0.18 | — | — | 169 | — | — | — | — | — | — | — | — | 2 | — | — |
| 20 | 200 | 0.36 | — | — | 85 | — | 0 | — | — | — | — | — | — | 1 | 0 | — |
| 5 | 200 | 0.36 | — | — | 95 | — | 0 | — | — | — | — | — | — | 0 | 0 | — |
| 0 | 200 | 0.72 | — | — | 70 | — | 0 | — | — | — | — | — | — | 0 | 0 | — |
| 3 | 400 | 0.00 | — | — | 280 | — | 0 | — | — | — | — | — | — | 4 | 0 | — |
| 0 | 0 | 0.00 | — | — | 0 | — | 0 | — | — | — | — | — | — | 0 | 0 | — |
| 0 | 0 | 0.00 | — | — | 15 | — | 0 | — | — | — | — | — | — | 5 | 0 | — |
| 0 | 150 | 0.00 | — | — | 125 | — | 0 | — | — | — | — | — | — | 1 | 0 | — |
| 0 | 0 | 0.00 | — | — | 30 | — | 0 | — | — | — | — | — | — | 0 | 0 | — |
| | | | | | | | | | | | | | | | | |
| 5 | 350 | 0.00 | — | — | 170 | — | 0 | — | — | — | — | — | — | 0 | 0 | — |
| | | | | | | | | | | | | | | | | |
| 30 | 400 | 1.44 | — | — | 130 | — | 0 | — | — | — | — | — | — | 0 | 0 | — |

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**TABLE H–1**

**Food Composition** (DA+ code is for Wadsworth Diet Analysis program) (For purposes of calculations, use "0" for t, <1, <.1, <.01, etc.)

| DA + Code | Food Description | Quantity | Measure | Wt (g) | $H_2O$ (g) | Ener (kcal) | Prot (g) | Carb (g) | Fiber (g) | Fat (g) | Fat Breakdown (g) Sat | Mono | Poly | *Trans* |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **FAST FOOD**—Continued | | | | | | | | | | | | | |
| 38044 | Vanilla creme steamed whole milk, tall w/whipped cream | 12 | fluid ounce(s) | 360 | — | 340 | 10 | 31 | 0 | 18 | 12.00 | — | — | — |
| 38090 | Whipped cream | 1 | serving(s) | 27 | — | 100 | 0 | 2 | 0 | 9 | 6.00 | — | — | — |
| 38062 | White chocolate mocha, tall nonfat w/o whipped cream | 12 | fluid ounce(s) | 360 | — | 260 | 12 | 45 | 0 | 4 | 3.00 | — | — | — |
| 38061 | White chocolate mocha, tall w/whipped cream | 12 | fluid ounce(s) | 360 | — | 410 | 11 | 44 | 0 | 20 | 13.00 | — | — | — |
| 38048 | White hot chocolate, tall w/o whipped cream | 12 | fluid ounce(s) | 360 | — | 300 | 15 | 51 | 0 | 5 | 3.50 | — | — | — |
| 38047 | White hot chocolate, tall w/whipped cream | 12 | fluid ounce(s) | 360 | — | 460 | 13 | 50 | 0 | 22 | 15.00 | — | — | — |
| 38050 | White hot chocolate soy milk, tall w/whipped cream | 12 | fluid ounce(s) | 360 | — | 420 | 11 | 56 | 1 | 16 | 9.00 | — | — | — |
| | **Subway** | | | | | | | | | | | | | |
| 34023 | Asiago caesar chicken wrap | 1 | item(s) | 244 | — | 413 | 22 | 47 | 2 | 15 | 3.00 | — | — | 0 |
| 38622 | Atkins-friendly chicken bacon ranch wrap | 1 | item(s) | 213 | — | 480 | 40 | 19 | 11 | 27 | 9.00 | — | — | 0 |
| 38623 | Atkins-friendly turkey bacon melt wrap | 1 | item(s) | 199 | — | 430 | 32 | 22 | 12 | 25 | 9.00 | — | — | 0 |
| 34029 | Bacon & egg breakfast sandwich | 1 | item(s) | 127 | — | 302 | 14 | 29 | 1 | 15 | 4.00 | — | — | 0 |
| 32045 | Chocolate chip cookie | 1 | item(s) | 48 | — | 209 | 3 | 29 | 1 | 10 | 3.50 | — | — | 1.07 |
| 32048 | Chocolate chip M&M cookie | 1 | item(s) | 48 | — | 210 | 2 | 29 | 1 | 10 | 3.00 | — | — | 2.67 |
| 32049 | Chocolate chunk cookie | 1 | item(s) | 48 | — | 210 | 2 | 30 | 1 | 10 | 3.00 | — | — | 2.67 |
| 4024 | Classic Italian B.M.T. sandwich, 6", white bread | 1 | item(s) | 250 | — | 453 | 21 | 40 | 3 | 24 | 8.00 | — | — | 0 |
| 16397 | Club salad | 1 | item(s) | 323 | — | 145 | 17 | 12 | 3 | 4 | 1.00 | — | — | 0 |
| 3422 | Club sandwich, 6", white bread | 1 | item(s) | 253 | — | 294 | 22 | 40 | 3 | 5 | 1.50 | — | — | 0 |
| 4030 | Cold cut trio sandwich, 6", white bread | 1 | item(s) | 254 | — | 415 | 19 | 40 | 3 | 20 | 7.00 | — | — | 0 |
| 34030 | Ham & egg breakfast sandwich | 1 | item(s) | 147 | — | 291 | 15 | 30 | 1 | 12 | 3.00 | — | — | 0 |
| 3885 | Ham sandwich, 6", white bread | 1 | item(s) | 219 | — | 261 | 17 | 39 | 3 | 5 | 1.50 | — | — | 0 |
| 34026 | Honey mustard melt sandwich, 6", Italian bread | 1 | item(s) | 258 | — | 373 | 23 | 47 | 3 | 11 | 5.00 | — | — | — |
| 34027 | Horseradish roast beef sandwich, 6", Italian bread | 1 | item(s) | 230 | — | 401 | 18 | 42 | 3 | 17 | 3.00 | — | — | — |
| 4651 | Meatball sandwich, 6", white bread | 1 | item(s) | 284 | — | 501 | 23 | 46 | 4 | 25 | 10.00 | — | — | 0.75 |
| 15839 | Melt sandwich, 6", white bread | 1 | item(s) | 256 | — | 380 | 23 | 41 | 3 | 15 | 5.00 | — | — | — |
| 32046 | Oatmeal raisin cookie | 1 | item(s) | 48 | — | 197 | 3 | 29 | 1 | 8 | 2.00 | — | — | 2.67 |
| 32047 | Peanut butter cookie | 1 | item(s) | 48 | — | 220 | 3 | 26 | 1 | 12 | 3.00 | — | — | 1.07 |
| 3957 | Roast beef sandwich, 6", white bread | 1 | item(s) | 220 | — | 264 | 18 | 39 | 3 | 5 | 1.00 | — | — | 0 |
| 16403 | Roasted chicken breast salad | 1 | item(s) | 304 | — | 137 | 16 | 12 | 3 | 3 | 0.50 | — | — | — |
| 16378 | Roasted chicken breast sandwich, 6", white bread | 1 | item(s) | 234 | — | 311 | 25 | 40 | 3 | 6 | 1.50 | — | — | 0 |
| 34028 | Southwest steak & cheese sandwich, 6", Italian bread | 1 | item(s) | 255 | — | 412 | 23 | 42 | 4 | 18 | 6.00 | — | — | — |
| 4032 | Spicy italian sandwich, 6", white bread | 1 | item(s) | 213 | — | 458 | 19 | 42 | 2 | 24 | 9.00 | — | — | 0 |
| 4031 | Steak & cheese sandwich, 6", white bread | 1 | item(s) | 253 | — | 362 | 23 | 41 | 4 | 13 | 4.50 | — | — | 0 |
| 34024 | Steak & cheese wrap | 1 | item(s) | 245 | — | 353 | 22 | 46 | 3 | 9 | 4.00 | — | — | — |
| 32050 | Sugar cookie | 1 | item(s) | 48 | — | 222 | 2 | 28 | 1 | 12 | 3.00 | — | — | 3.73 |
| 16402 | Tuna salad | 1 | item(s) | 314 | — | 238 | 13 | 11 | 3 | 16 | 4.00 | — | — | — |
| 15844 | Tuna sandwich, 6", white bread | 1 | item(s) | 252 | — | 419 | 18 | 39 | 3 | 21 | 5.00 | — | — | — |
| 15834 | Turkey breast & ham sandwich, 6", white bread | 1 | item(s) | 229 | — | 267 | 18 | 40 | 3 | 5 | 1.00 | — | — | 0 |
| 34025 | Turkey breast & bacon wrap | 1 | item(s) | 228 | — | 318 | 19 | 45 | 2 | 7 | 2.50 | — | — | — |
| 16376 | Turkey breast sandwich, 6", white bread | 1 | item(s) | 220 | — | 254 | 16 | 39 | 3 | 4 | 1.00 | — | — | 0 |
| 16375 | Veggie delite, 6", white bread | 1 | item(s) | 163 | — | 200 | 7 | 37 | 3 | 3 | 0.50 | — | — | 0 |
| 32051 | White macadamia nut cookie | 1 | item(s) | 48 | — | 221 | 2 | 27 | 1 | 12 | 3.00 | — | — | 1.07 |
| | **Taco Bell** | | | | | | | | | | | | | |
| 29906 | 7-layer burrito | 1 | item(s) | 283 | — | 530 | 18 | 67 | 10 | 22 | 8.00 | — | — | 3 |
| 744 | Bean burrito | 1 | item(s) | 198 | — | 370 | 14 | 55 | 8 | 10 | 3.50 | — | — | 2 |
| 749 | Beef burrito supreme | 1 | item(s) | 248 | — | 440 | 18 | 51 | 7 | 18 | 8.00 | — | — | 2 |
| 33417 | Beef chalupa supreme | 1 | item(s) | 153 | — | 390 | 14 | 31 | 3 | 24 | 10.00 | — | — | 3 |
| 29910 | Beef gordita supreme | 1 | item(s) | 153 | — | 310 | 14 | 30 | 3 | 16 | 7.00 | — | — | 0.50 |
| 2014 | Beef soft taco | 1 | item(s) | 99 | — | 210 | 10 | 21 | 2 | 10 | 4.50 | — | — | 1 |
| 10860 | Beef soft taco supreme | 1 | item(s) | 134 | — | 260 | 11 | 22 | 3 | 14 | 7.00 | — | — | 1 |
| 2018 | Big beef burrito supreme | 1 | item(s) | 291 | — | 510 | 23 | 52 | 11 | 23 | 9.00 | 6.55 | 1.61 | — |
| 14467 | Big chicken burrito supreme | 1 | item(s) | 255 | — | 460 | 27 | 50 | 3 | 17 | 6.00 | — | — | — |
| 34472 | Chicken burrito supreme | 1 | item(s) | 248 | — | 410 | 21 | 50 | 5 | 14 | 6.00 | — | — | 2 |
| 33418 | Chicken chalupa supreme | 1 | item(s) | 153 | — | 370 | 17 | 30 | 1 | 20 | 8.00 | — | — | 3 |

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**PAGE KEY:** H–2 = Breads/Baked Goods H–6 = Cereal/Rice/Pasta H–10 = Fruit H–14 = Vegetables/Legumes H–24 = Nuts/Seeds H–26 = Vegetarian H–28 = Dairy H–34 = Eggs H–34 = Seafood H–36 = Meats H–40 = Poultry H–40 = Processed meats H–42 = Beverages H–46 = Fats/Oils H–48 = Sweets H–50 = Spices/Condiments/Sauces H–52 = Mixed foods/Soups/Sandwiches H–58 = Fast food H–74 = Convenience meals H–76 = Baby foods

| Chol (mg) | Calc (mg) | Iron (mg) | Magn (mg) | Pota (mg) | Sodi (mg) | Zinc (mg) | Vit A (µg) | Thia (mg) | Vit E (mg α) | Ribo (mg) | Niac (mg) | Vit $B_6$ (mg) | Fola (µg) | Vit C (mg) | Vit $B_{12}$ (µg) | Sele (µg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 75 | 40 | 0.00 | — | — | 160 | — | 0 | — | — | — | — | — | — | 2 | 0 | — |
| 40 | 0 | 0.00 | — | — | 10 | — | 0 | — | — | — | — | — | — | 0 | 0 | — |
| 5 | 400 | 0.00 | — | — | 210 | — | 0 | — | — | — | — | — | — | 0 | 0 | — |
| 70 | 400 | 0.00 | — | — | 210 | — | 0 | — | — | — | — | — | — | 2 | 0 | — |
| 10 | 450 | 0.00 | — | — | 250 | — | 0 | — | — | — | — | — | — | 0 | 0 | — |
| 75 | 500 | 0.00 | — | — | 250 | — | 0 | — | — | — | — | — | — | 4 | 0 | — |
| 35 | 500 | 1.44 | — | — | 210 | — | 0 | — | — | — | — | — | — | 0 | 0 | — |
| 46 | 40 | 2.70 | — | — | 1320 | — | — | — | — | — | — | — | — | 15 | — | — |
| 90 | 350 | 2.70 | — | — | 1340 | — | — | — | — | — | — | — | — | 7 | — | — |
| 65 | 300 | 2.70 | — | — | 1650 | — | — | — | — | — | — | — | — | 5 | — | — |
| 185 | 60 | 1.80 | — | — | 480 | — | — | — | — | — | — | — | — | 15 | — | — |
| 12 | 0 | 1.00 | — | — | 135 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 13 | 0 | 1.00 | — | — | 135 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 12 | 0 | 1.00 | — | — | 150 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 56 | 100 | 2.70 | — | — | 1740 | — | — | — | — | — | — | — | — | 24 | — | — |
| 30 | 40 | 1.80 | — | — | 1070 | — | — | — | — | — | — | — | — | 30 | — | — |
| 30 | 40 | 3.60 | — | — | 1250 | — | 60 | — | — | — | — | — | — | 24 | — | — |
| 57 | 150 | 3.60 | — | — | 1670 | — | 100 | — | — | — | — | — | — | 24 | — | — |
| 189 | 60 | 2.70 | — | — | 700 | — | 67 | — | — | — | — | — | — | 15 | — | — |
| 25 | 40 | 2.70 | — | — | 1260 | — | — | — | — | — | — | — | — | 24 | — | — |
| 41 | 100 | 2.70 | — | — | 1570 | — | — | — | — | — | — | — | — | 24 | — | — |
| 27 | 40 | 3.60 | — | — | 880 | — | — | — | — | — | — | — | — | 24 | — | — |
| 56 | 100 | 3.60 | — | — | 1350 | — | — | — | — | — | — | — | — | 24 | — | — |
| 41 | 100 | 2.70 | — | — | 1690 | — | — | — | — | — | — | — | — | 24 | — | — |
| 14 | 0 | 1.00 | — | — | 180 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 0 | 0 | 1.00 | — | — | 200 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 20 | 40 | 3.60 | — | — | 840 | — | 60 | — | — | — | — | — | — | 24 | — | — |
| 36 | 40 | 1.08 | — | — | 730 | — | — | — | — | — | — | — | — | 30 | — | — |
| 48 | 60 | 3.60 | — | — | 880 | — | — | — | — | — | — | — | — | 24 | — | — |
| 44 | 100 | 6.30 | — | — | 1120 | — | — | — | — | — | — | — | — | 24 | — | — |
| 57 | 30 | 3.00 | — | — | 1498 | — | — | — | — | — | — | — | — | 13 | — | — |
| 37 | 100 | 6.30 | — | — | 1200 | — | — | — | — | — | — | — | — | 24 | — | — |
| 37 | 150 | 7.20 | — | — | 1400 | — | — | — | — | — | — | — | — | 15 | — | — |
| 18 | 0 | 1.00 | — | — | 170 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 42 | 100 | 1.08 | — | — | 880 | — | 177 | — | — | — | — | — | — | 30 | — | — |
| 42 | 100 | 2.70 | — | — | 1180 | — | 100 | — | — | — | — | — | — | 24 | — | — |
| 23 | 40 | 2.70 | — | — | 1210 | — | — | — | — | — | — | — | — | 24 | — | — |
| 24 | 60 | 2.70 | — | — | 1490 | — | — | — | — | — | — | — | — | 15 | — | — |
| 15 | 40 | 2.70 | — | — | 1000 | — | — | — | — | — | — | — | — | 24 | — | — |
| 0 | 40 | 1.80 | — | — | 500 | — | — | — | — | — | — | — | — | 24 | — | — |
| 13 | 0 | 1.00 | — | — | 140 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 25 | 300 | 3.59 | — | — | 1360 | — | — | — | — | — | — | — | — | 5 | — | — |
| 10 | 200 | 2.69 | — | — | 1200 | — | 53 | — | — | — | — | — | — | 5 | — | — |
| 40 | 200 | 2.70 | — | — | 1330 | — | 351 | — | — | — | — | — | — | 9 | — | — |
| 40 | 150 | 1.80 | — | — | 600 | — | — | — | — | — | — | — | — | 5 | — | — |
| 35 | 150 | 2.70 | — | — | 590 | — | — | — | — | — | — | — | — | 5 | — | — |
| 25 | 100 | 1.80 | — | — | 620 | — | 44 | — | — | — | — | — | — | 2 | — | — |
| 40 | 150 | 1.80 | — | — | 630 | — | 73 | — | — | — | — | — | — | 5 | — | — |
| 60 | 150 | 2.70 | — | 493 | 1500 | — | 877 | — | — | 0.07 | — | — | — | 5 | — | — |
| 70 | 101 | 1.46 | — | — | 1200 | — | — | — | — | — | — | — | — | 2 | — | — |
| 45 | 200 | 2.70 | — | — | 1270 | — | — | — | — | — | — | — | — | 9 | — | — |
| 45 | 100 | 1.08 | — | — | 530 | — | — | — | — | — | — | — | — | 5 | — | — |

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**TABLE H–1**

**Food Composition** (DA+ code is for Wadsworth Diet Analysis program) (For purposes of calculations, use "0" for t, <1, <.1, <.01, etc.)

| DA + Code | Food Description | Quantity | Measure | Wt (g) | $H_2O$ (g) | Ener (kcal) | Prot (g) | Carb (g) | Fiber (g) | Fat (g) | Fat Breakdown (g) Sat | Mono | Poly | *Trans* |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **FAST FOOD**—Continued | | | | | | | | | | | | | |
| 29900 | Chicken fajita wrap supreme | 1 | item(s) | 255 | — | 510 | 20 | 53 | 3 | 24 | 7.76 | — | — | — |
| 29895 | Choco taco ice cream dessert | 1 | item(s) | 113 | — | 310 | 3 | 37 | 1 | 17 | 10.00 | — | — | — |
| 10794 | Cinnamon twists | 1 | serving(s) | 35 | — | 160 | 0 | 28 | 0 | 5 | 1.00 | — | — | 1.50 |
| 14465 | Grilled chicken burrito | 1 | item(s) | 198 | — | 390 | 19 | 49 | 3 | 13 | 4.00 | — | — | — |
| 29911 | Grilled chicken gordita supreme | 1 | item(s) | 153 | — | 290 | 17 | 28 | 2 | 12 | 5.00 | — | — | 0 |
| 14463 | Grilled chicken soft taco | 1 | item(s) | 99 | — | 190 | 14 | 19 | 0 | 6 | 2.50 | — | — | — |
| 29912 | Grilled steak gordita supreme | 1 | item(s) | 153 | — | 290 | 16 | 28 | 2 | 13 | 6.00 | — | — | 0.50 |
| 29904 | Grilled steak soft taco | 1 | item(s) | 127 | — | 280 | 12 | 21 | 1 | 17 | 4.50 | — | — | 1 |
| 29905 | Grilled steak soft taco supreme | 1 | item(s) | 135 | — | 240 | 15 | 20 | 2 | 11 | 5.00 | — | — | — |
| 2021 | Mexican pizza | 1 | serving(s) | 216 | — | 550 | 21 | 46 | 7 | 31 | 11.00 | — | — | 5 |
| 2011 | Nachos | 1 | serving(s) | 99 | — | 320 | 5 | 33 | 2 | 19 | 4.50 | — | — | 5 |
| 2012 | Nachos bellgrande | 1 | serving(s) | 308 | — | 780 | 20 | 80 | 12 | 43 | 13.00 | — | — | 10 |
| 34473 | Steak burrito supreme | 1 | item(s) | 248 | — | 420 | 19 | 50 | 6 | 16 | 7.00 | — | — | 2 |
| 33419 | Steak chalupa supreme | 1 | item(s) | 153 | — | 370 | 15 | 29 | 2 | 22 | 8.00 | — | — | 3 |
| 29899 | Steak fajita wrap supreme | 1 | item(s) | 255 | — | 510 | 21 | 52 | 3 | 25 | 8.00 | — | — | — |
| 747 | Taco | 1 | item(s) | 78 | — | 170 | 8 | 13 | 3 | 10 | 4.00 | — | — | 0.50 |
| 2015 | Taco salad w/salsa, with shell | 1 | serving(s) | 533 | — | 790 | 31 | 73 | 13 | 42 | 15.00 | — | — | 8.75 |
| 14459 | Taco supreme | 1 | item(s) | 113 | — | 220 | 9 | 14 | 3 | 14 | 7.00 | — | — | 1 |
| 748 | Tostada | 1 | item(s) | 170 | — | 250 | 11 | 29 | 7 | 10 | 4.00 | — | — | 1.50 |
| 29901 | Veggie fajita wrap supreme | 1 | item(s) | 255 | — | 470 | 11 | 55 | 3 | 22 | 7.00 | — | — | — |
| | **CONVENIENCE MEALS** | | | | | | | | | | | | | |
| | **Banquet** | | | | | | | | | | | | | |
| 29961 | Barbeque chicken meal | 1 | item(s) | 281 | — | 330 | 16 | 37 | 2 | 13 | 3.00 | — | — | — |
| 14788 | Boneless white fried chicken meal | 1 | item(s) | 234 | — | 490 | 14 | 49 | 2 | 27 | 7.00 | — | — | — |
| 29960 | Fish sticks meal | 1 | item(s) | 187 | — | 270 | 13 | 31 | 3 | 10 | 3.00 | — | — | — |
| 29957 | Lasagna with meat sauce meal | 1 | item(s) | 312 | — | 320 | 15 | 46 | 7 | 9 | 4.00 | — | — | — |
| 14777 | Macaroni & cheese meal | 1 | item(s) | 340 | — | 420 | 15 | 57 | 5 | 14 | 8.00 | — | — | — |
| 1741 | Meatloaf meal | 1 | item(s) | 269 | — | 240 | 14 | 20 | 4 | 11 | 4.00 | — | — | — |
| 39418 | Pepperoni pizza meal | 1 | item(s) | 191 | — | 480 | 11 | 56 | 5 | 23 | 8.00 | — | — | — |
| 33759 | Roasted white turkey meal | 1 | item(s) | 255 | — | 230 | 14 | 30 | 5 | 6 | 2.00 | — | — | — |
| 1743 | Salisbury steak meal | 1 | item(s) | 269 | 197 | 380 | 12 | 28 | 3 | 24 | 12.00 | — | — | — |
| | **Budget Gourmet** | | | | | | | | | | | | | |
| 1914 | Cheese manicotti w/meat sauce | 1 | item(s) | 284 | 194 | 420 | 18 | 38 | 4 | 22 | 11.00 | 6.00 | 1.34 | — |
| 1915 | Chicken w/fettucini | 1 | item(s) | 284 | — | 380 | 20 | 33 | 3 | 19 | 10.00 | — | — | — |
| 3986 | Light beef stroganoff | 1 | item(s) | 248 | 177 | 290 | 20 | 32 | 3 | 7 | 4.00 | — | — | — |
| 3996 | Light sirloin of beef in herb sauce | 1 | item(s) | 269 | 214 | 260 | 19 | 30 | 5 | 7 | 4.00 | 2.30 | 0.31 | — |
| 3987 | Light vegetable lasagna | 1 | item(s) | 298 | 227 | 290 | 15 | 36 | 5 | 9 | 1.79 | 0.89 | 0.60 | — |
| | **Healthy Choice** | | | | | | | | | | | | | |
| 36979 | Bowls chicken teriyaki with rice | 1 | item(s) | 298 | — | 330 | 19 | 50 | 5 | 6 | 2.00 | 2.00 | 2.00 | — |
| 9425 | Cheese French bread pizza | 1 | item(s) | 170 | — | 360 | 20 | 57 | 5 | 5 | 1.50 | — | — | — |
| 9306 | Chicken enchilada suprema meal | 1 | item(s) | 320 | 252 | 360 | 13 | 59 | 8 | 7 | 3.00 | 2.00 | 2.00 | — |
| 9316 | Lemon pepper fish meal | 1 | item(s) | 303 | — | 280 | 11 | 49 | 5 | 5 | 2.00 | 1.00 | 2.00 | — |
| 9322 | Traditional salisbury steak meal | 1 | item(s) | 354 | 250 | 360 | 23 | 45 | 5 | 9 | 3.50 | 4.00 | 1.00 | — |
| 9359 | Traditional turkey breasts meal | 1 | item(s) | 298 | — | 330 | 21 | 50 | 4 | 5 | 2.00 | 1.50 | 1.50 | — |
| 9451 | Zucchini lasagna | 1 | item(s) | 383 | — | 280 | 13 | 47 | 5 | 4 | 2.50 | — | — | — |
| | **Stouffers** | | | | | | | | | | | | | |
| 2363 | Cheese enchiladas with mexican rice | 1 | serving(s) | 276 | — | 370 | 12 | 48 | 5 | 14 | 5.00 | — | — | — |
| 2313 | Cheese French bread pizza | 1 | serving(s) | 294 | — | 370 | 14 | 43 | 3 | 16 | 6.00 | — | — | — |
| 11138 | Cheese manicotti w/tomato sauce | 1 | item(s) | 255 | — | 330 | 17 | 35 | 3 | 13 | 8.00 | — | — | — |
| 2366 | Chicken pot pie | 1 | item(s) | 284 | — | 740 | 23 | 56 | 4 | 47 | 18.00 | 12.41 | 10.48 | — |
| 11116 | Homestyle baked chicken breast w/mashed potatoes & gravy | 1 | item(s) | 252 | — | 260 | 19 | 21 | 1 | 11 | 3.00 | — | — | — |
| 11146 | Homestyle beef pot roast & potatoes | 1 | item(s) | 252 | — | 270 | 16 | 25 | 3 | 12 | 4.50 | — | — | — |
| 11152 | Homestyle roast turkey breast w/stuffing & mashed potatoes | 1 | item(s) | 273 | — | 300 | 16 | 34 | 2 | 11 | 3.00 | — | — | — |
| 11043 | Lean Cuisine Cafe Classics baked chicken & whipped potatoes w/stuffing | 1 | item(s) | 227 | — | 240 | 17 | 33 | 3 | 5 | 1.50 | 1.50 | 1.00 | 0 |
| 11046 | Lean Cuisine Cafe Classics honey mustard chicken | 1 | item(s) | 213 | — | 260 | 18 | 37 | 1 | 4 | 1.50 | 1.00 | 1.00 | 0 |
| 360 | Lean Cuisine Everyday Favorites chicken chow mein w/rice | 1 | item(s) | 255 | — | 210 | 12 | 33 | 2 | 3 | 1.00 | 1.00 | 0.50 | 0 |
| 9467 | Lean Cuisine Everyday Favorites fettucini alfredo | 1 | item(s) | 262 | — | 280 | 13 | 40 | 2 | 7 | 3.50 | 2.00 | 1.00 | 0 |
| 11055 | Lean Cuisine Everyday Favorites lasagna w/meat sauce | 1 | item(s) | 291 | — | 300 | 19 | 41 | 3 | 8 | 4.00 | 2.00 | 0.50 | 0 |
| 9479 | Lean Cuisine French bread deluxe pizza | 1 | item(s) | 174 | — | 330 | 18 | 44 | 3 | 9 | 3.50 | 1.50 | 1.00 | 0 |

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**PAGE KEY:** H–2 = Breads/Baked Goods H–6 = Cereal/Rice/Pasta H–10 = Fruit H–14 = Vegetables/Legumes H–24 = Nuts/Seeds H–26 = Vegetarian H–28 = Dairy H–34 = Eggs H–34 = Seafood H–36 = Meats H–40 = Poultry H–40 = Processed meats H–42 = Beverages H–46 = Fats/Oils H–48 = Sweets H–50 = Spices/Condiments/Sauces H–52 = Mixed foods/Soups/Sandwiches H–58 = Fast food H–74 = Convenience meals H–76 = Baby foods

| Chol (mg) | Calc (mg) | Iron (mg) | Magn (mg) | Pota (mg) | Sodi (mg) | Zinc (mg) | Vit A (µg) | Thia (mg) | Vit E (mg α) | Ribo (mg) | Niac (mg) | Vit $B_6$ (mg) | Fola (µg) | Vit C (mg) | Vit $B_{12}$ (µg) | Sele (µg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 57 | 165 | 1.52 | — | — | 1182 | — | — | — | — | — | — | — | — | 7 | — | — |
| 20 | 60 | 0.72 | — | — | 100 | — | — | — | — | — | — | — | — | 0 | — | — |
| 0 | 0 | 0.37 | — | — | 150 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 40 | 151 | 1.44 | — | — | 1240 | — | — | — | — | — | — | — | — | 2 | — | — |
| 45 | 100 | 1.80 | — | — | 530 | — | — | — | — | — | — | — | — | 5 | — | — |
| 30 | 100 | 1.08 | — | — | 550 | — | 15 | — | — | — | — | — | — | 1 | — | — |
| 35 | 100 | 2.70 | — | — | 520 | — | — | — | — | — | — | — | — | 4 | — | — |
| 30 | 100 | 1.44 | — | — | 650 | — | 29 | — | — | — | — | — | — | 4 | — | — |
| 35 | 100 | 1.08 | — | — | 510 | — | 29 | — | — | — | — | — | — | 4 | — | — |
| 45 | 350 | 3.60 | — | — | 1030 | — | — | — | — | — | — | — | — | 6 | — | — |
| 4 | 80 | 0.72 | — | — | 530 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 35 | 200 | 2.70 | — | — | 1300 | — | 162 | — | — | — | — | — | — | 6 | — | — |
| 35 | 200 | 2.70 | — | — | 1260 | — | 789 | — | — | — | — | — | — | 9 | — | — |
| 35 | 100 | 1.44 | — | — | 520 | — | — | — | — | — | — | — | — | 4 | — | — |
| 50 | 150 | 1.80 | — | — | 1200 | — | — | — | — | — | — | — | — | 6 | — | — |
| 25 | 60 | 1.08 | — | — | 350 | — | 44 | — | — | — | — | — | — | 2 | — | — |
| 65 | 400 | 6.23 | — | — | 1670 | — | — | — | — | — | — | — | — | 21 | — | — |
| 40 | 80 | 1.44 | — | — | 360 | — | 73 | — | — | — | — | — | — | 5 | — | — |
| 15 | 150 | 1.44 | — | — | 710 | — | 281 | — | — | — | — | — | — | 5 | — | — |
| 30 | 150 | 1.44 | — | — | 990 | — | — | — | — | — | — | — | — | 6 | — | — |
| | | | | | | | | | | | | | | | | |
| 50 | 40 | 1.08 | — | — | 1210 | — | 0 | — | — | — | — | — | — | 5 | — | — |
| 65 | 60 | 1.08 | — | — | 1150 | — | — | — | — | — | — | — | — | 0 | — | — |
| 30 | 60 | 1.44 | — | — | 690 | — | — | — | — | — | — | — | — | 2 | — | — |
| 20 | 100 | 2.70 | — | — | 1170 | — | — | — | — | — | — | — | — | 0 | — | — |
| 20 | 150 | 1.44 | — | — | 1330 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 30 | 0 | 1.80 | — | — | 1040 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 35 | 150 | 1.80 | — | — | 870 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 25 | 60 | 1.80 | — | — | 1070 | — | — | — | — | — | — | — | — | 4 | — | — |
| 60 | 40 | 1.44 | — | — | 1140 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| | | | | | | | | | | | | | | | | |
| 85 | 300 | 2.70 | 45 | 484 | 810 | 2.29 | — | 0.45 | — | 0.51 | 4.00 | 0.23 | 31 | 0 | 1 | — |
| 85 | 100 | 2.70 | — | — | 810 | — | — | 0.15 | — | 0.43 | 6.00 | — | — | 0 | — | — |
| 35 | 40 | 1.80 | 39 | 280 | 580 | 4.71 | — | 0.17 | — | 0.37 | 4.28 | 0.27 | 19 | 2 | 3 | — |
| 30 | 40 | 1.80 | 58 | 540 | 850 | 4.81 | — | 0.16 | — | 0.29 | 5.53 | 0.37 | 38 | 6 | 2 | — |
| 15 | 283 | 3.03 | 79 | 420 | 780 | 1.39 | — | 0.22 | — | 0.45 | 3.13 | 0.32 | 75 | 59 | <1 | — |
| | | | | | | | | | | | | | | | | |
| 40 | 20 | 0.72 | — | — | 600 | — | — | — | — | — | — | — | — | 15 | — | — |
| 10 | 350 | 3.60 | — | — | 600 | — | — | — | — | — | — | — | — | 12 | — | — |
| 30 | 40 | 1.44 | — | — | 580 | — | — | — | — | — | — | — | — | 4 | — | — |
| 30 | 40 | 0.36 | — | — | 580 | — | — | — | — | — | — | — | — | 30 | — | — |
| 45 | 80 | 2.70 | — | — | 580 | — | — | — | — | — | — | — | — | 21 | — | — |
| 35 | 40 | 1.44 | — | — | 600 | — | — | — | — | — | — | — | — | 0 | — | — |
| 10 | 200 | 1.80 | — | — | 310 | — | — | — | — | — | — | — | — | 0 | — | — |
| | | | | | | | | | | | | | | | | |
| 25 | 200 | 1.44 | — | 360 | 890 | — | — | — | — | — | — | — | — | 12 | — | — |
| 15 | 200 | 1.80 | — | 240 | 880 | — | — | — | — | — | — | — | — | 0 | — | — |
| 40 | 350 | 1.08 | — | 430 | 810 | — | — | — | — | — | — | — | — | 1 | — | — |
| 65 | 150 | 2.70 | — | — | 1170 | — | — | — | — | — | — | — | — | 2 | — | — |
| | | | | | | | | | | | | | | | | |
| 50 | 20 | 0.72 | — | 500 | 760 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| 35 | 20 | 1.80 | — | 790 | 820 | — | — | — | — | — | — | — | — | 6 | — | — |
| | | | | | | | | | | | | | | | | |
| 35 | 40 | 0.72 | — | 450 | 1190 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| | | | | | | | | | | | | | | | | |
| 30 | 80 | 0.72 | — | 480 | 690 | — | — | — | — | — | — | — | — | 0 | — | — |
| | | | | | | | | | | | | | | | | |
| 35 | 60 | 0.36 | — | 370 | 640 | — | — | — | — | — | — | — | — | 0 | — | — |
| | | | | | | | | | | | | | | | | |
| 30 | 20 | 0.36 | — | 310 | 620 | — | — | — | — | — | — | — | — | 0 | — | — |
| | | | | | | | | | | | | | | | | |
| 20 | 200 | 0.36 | — | 260 | 670 | — | 0 | — | — | — | — | — | — | 0 | — | — |
| | | | | | | | | | | | | | | | | |
| 30 | 200 | 1.08 | — | 590 | 650 | — | — | — | — | — | — | — | — | 5 | — | — |
| 20 | 100 | 1.80 | — | 390 | 630 | — | — | — | — | — | — | — | — | 9 | — | — |

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**TABLE H–1**

**Food Composition** (DA+ code is for Wadsworth Diet Analysis program) (For purposes of calculations, use "0" for t, <1, <.1, <.01, etc.)

| DA + Code | Food Description | Quantity | Measure | Wt (g) | $H_2O$ (g) | Ener (kcal) | Prot (g) | Carb (g) | Fiber (g) | Fat (g) | Fat Breakdown (g) Sat | Mono | Poly | *Trans* |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **CONVENIENCE MEALS**—Continued | | | | | | | | | | | | | |
| | **Weight Watchers** | | | | | | | | | | | | | |
| 11164 | Smart Ones chicken enchiladas suiza entree | 1 | serving(s) | 255 | — | 270 | 15 | 33 | 2 | 9 | 3.50 | — | — | — |
| 11155 | Smart Ones garden lasagna entree | 1 | item(s) | 312 | — | 270 | 14 | 36 | 5 | 7 | 3.50 | — | — | — |
| 11187 | Smart Ones pepperoni pizza | 1 | item(s) | 158 | — | 390 | 23 | 46 | 4 | 12 | 4.00 | — | — | — |
| 31514 | Smart Ones spicy penne pasta & ricotta | 1 | item(s) | 289 | — | 280 | 11 | 45 | 4 | 6 | 2.00 | — | — | — |
| 31512 | Smart Ones spicy szechuan style vegetables & chicken | 1 | item(s) | 255 | — | 220 | 11 | 39 | 3 | 2 | 0.50 | — | — | — |
| | **BABY FOODS** | | | | | | | | | | | | | |
| 787 | Apple juice | 4 | fluid ounce(s) | 127 | 112 | 60 | 0 | 15 | <1 | <1 | 0.02 | 0.00 | 0.04 | — |
| 778 | Applesauce, strained | 4 | tablespoon(s) | 64 | 55 | 31 | <1 | 8 | 1 | <1 | 0.02 | 0.01 | 0.04 | — |
| 779 | Bananas w/tapioca, strained | 4 | tablespoon(s) | 60 | 50 | 34 | <1 | 9 | 1 | <.1 | 0.02 | 0.01 | 0.01 | — |
| 604 | Carrots, strained | 4 | tablespoon(s) | 56 | 52 | 15 | <1 | 3 | 1 | <.1 | 0.01 | 0.00 | 0.03 | — |
| 770 | Chicken noodle dinner, strained | 4 | tablespoon(s) | 64 | 55 | 42 | 2 | 6 | 1 | 1 | 0.38 | 0.55 | 0.30 | — |
| 801 | Green beans, strained | 4 | tablespoon(s) | 60 | 0.05 | 15 | 0.77 | 3.53 | 1.13 | 0.05 | 0.01 | 0 | 0.03 | — |
| 910 | Human milk, mature | 2 | fluid ounce(s) | 62 | 54 | 43 | 1 | 4 | 0 | 3 | 1.24 | 1.02 | 0.31 | — |
| 760 | Mixed cereal, prepared w/whole milk | 4 | ounce(s) | 114 | 85 | 128 | 5 | 18 | 1 | 4 | 2.19 | 1.25 | 0.43 | — |
| 772 | Mixed vegetable dinner, strained | 2 | ounce(s) | 57 | 50 | 23 | 1 | 5 | 1 | <.1 | 0.00 | 0.00 | 0.06 | — |
| 762 | Rice cereal, prepared w/whole milk | 4 | ounce(s) | 114 | 85 | 131 | 4 | 19 | <1 | 4 | 2.64 | 1.02 | 0.16 | — |
| 758 | Teething biscuits | 1 | item(s) | 11 | 1 | 43 | 1 | 8 | <1 | <1 | 0.17 | 0.16 | 0.09 | — |

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| Chol (mg) | Calc (mg) | Iron (mg) | Magn (mg) | Pota (mg) | Sodi (mg) | Zinc (mg) | Vit A (µg) | Thia (mg) | Vit E (mg α) | Ribo (mg) | Niac (mg) | Vit $B_6$ (mg) | Fola (µg) | Vit C (mg) | Vit $B_{12}$ (µg) | Sele (µg) |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 50 | 250 | 1.08 | — | — | 660 | — | — | — | — | — | — | — | — | 4 | — | — |
| 30 | 350 | 1.80 | — | — | 610 | — | — | — | — | — | — | — | — | 6 | — | — |
| 45 | 450 | 1.80 | — | 320 | 650 | — | 55 | — | — | — | — | — | — | 5 | — | — |
| 5 | 150 | 2.70 | — | 250 | 400 | — | — | — | — | — | — | — | — | 6 | — | — |
| 10 | 150 | 1.80 | — | — | 730 | — | — | — | — | — | — | — | — | 2 | — | — |
| 0 | 5 | 0.72 | 4 | 115 | 4 | 0.04 | 1 | 0.01 | 0.76 | 0.02 | 0.11 | 0.04 | 0 | 73 | 0 | <1 |
| 0 | 3 | 0.14 | 2 | 45 | 1 | 0.01 | 1 | 0.01 | 0.38 | 0.02 | 0.04 | 0.02 | 1 | 25 | 0 | <1 |
| 0 | 3 | 0.12 | 6 | 53 | 5 | 0.04 | 1 | 0.01 | 0.36 | 0.02 | 0.11 | 0.07 | 4 | 10 | 0 | <1 |
| 0 | 12 | 0.21 | 5 | 110 | 21 | 0.08 | 321 | 0.01 | 0.29 | 0.02 | 0.26 | 0.04 | 8 | 3 | 0 | <1 |
| 10 | 17 | 0.41 | 9 | 89 | 15 | 0.35 | 70 | 0.03 | 0.13 | 0.04 | 0.46 | 0.04 | 7 | <.1 | <.1 | 2 |
| 0 | 23.39 | 0.44 | 14.39 | 94.8 | 1.2 | 0.12 | 27 | 0.01 | 0.31 | 0.05 | 0.2 | 0.02 | 21 | 3.11 | 0 | 0.18 |
| 9 | 20 | 0.02 | 2 | 31 | 10 | 0.10 | 38 | 0.01 | 0.05 | 0.02 | 0.11 | 0.01 | 3 | 3 | <.1 | 1 |
| 12 | 250 | 11.85 | 31 | 226 | 53 | 0.81 | 28 | 0.49 | — | 0.66 | 6.56 | 0.07 | 12 | 1 | <.1 | — |
| 0 | 12 | 0.19 | 6 | 69 | 5 | 0.09 | 77 | 0.01 | — | 0.02 | 0.29 | 0.04 | 5 | 2 | 0 | <1 |
| 12 | 272 | 13.85 | 51 | 216 | 52 | 0.73 | 25 | 0.53 | — | 0.57 | 5.91 | 0.13 | 9 | 1 | <1 | 4 |
| 0 | 29 | 0.39 | 4 | 36 | 40 | 0.10 | 3 | 0.03 | 0.03 | 0.06 | 0.48 | 0.01 | 5 | 1 | <.1 | 3 |